



## Nutrition Corner

### PUMPKIN & TOMATO GRATIN



*With Autumn just around the corner, it's time to start thinking about how to use up your garden fresh tomatoes and there's no better way than to merge them with the warm, delicious comfort of Pumpkin!*

#### INGREDIENTS

2 ½ lbs. pumpkin, peeled	2 -3 tsp. chopped fresh basil
6 Tbsp. olive oil	2 Tbsp. chopped parsley
2 large onions, finely sliced	1 cup soft breadcrumbs
1 tsp. sugar	2 Tbsp. butter
1 lb. tomatoes, skinned and sliced	1 dash cayenne pepper
2 -3 garlic cloves, mashed	salt

#### DIRECTIONS

- Preheat oven to 400 degrees
- Remove any seeds from the pumpkin and cut into ¾ inch strips. Cook in boiling salted water for 2 or 3 minutes. Drain and dry thoroughly on paper towel. Dice strips into about ½ inch cubes.
- Heat 2 Tbsp of oil in a large fry pan. Add onions and brown slowly.
- Stir in sugar.
- Add the pumpkin, fry it gently until it starts to turn transparent.
- Place evenly in the bottom of a shallow, prepared baking dish.
- Heat the remaining oil. Add the tomatoes, garlic, herbs and half of the parsley to the pan. Season well with salt and cayenne.
- Cook gently, just until the tomatoes start to collapse, turn once being careful to keep tomato slices unbroken.
- When the moisture has reduced somewhat, spread the tomatoes, in neat rows, over the pumpkin pieces.
- Mix the remaining parsley with the crumbs and sprinkle evenly over the tomatoes and pumpkin.
- Dot with butter, and bake for 20 minutes or until nicely browned.



### Tobacco Education

There are many diseases related to smoking, and this month we are highlighting Emphysema.

Emphysema is one of the diseases that comprises COPD (chronic obstructive pulmonary disease). Emphysema involves gradual damage of lung tissue, specifically thinning and destruction of the alveoli or air sacs.

#### Key Facts

- Air sacs are destroyed in emphysema, making it progressively difficult to breathe.
- Emphysema is usually accompanied by chronic bronchitis, with almost-daily or daily cough and phlegm.
- Cigarette smoking is the major cause of emphysema.
- People with emphysema experience shortness of breath with activities

It is not curable, but there are treatments that can help you manage the disease. For more information visit:

<http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/emphysema/>

## Shout Out!

### "Rethink Your Drink"



A big RheaFit Shout Out to **Kim Travis and Dayton City School** for the "Rethink Your Drink" water campaign!

They have provided water bottles to every student and teacher, along with these inspiring posters to display!!! Not only is this encouraging more water and better nutrition, it is helping our health by keeping plastic out of the landfill and the environment!



## Healthier Tennessee Phone App

Both Healthier Tennessee and Rhea Fit understand that the road to a healthy lifestyle can be daunting and intimidating.

However, it doesn't have to be that way.

With Streaks for Small Starts, the new application that is available free on iOS and Google Play stores, you can easily keep track of Small Starts, or little decisions that you make throughout the day that eventually lead to healthier habits. With Streaks for Small Starts, challenge your friends, develop consistency in your habits, and have a great time doing it!

For more information on Healthier Tennessee and Small Starts, visit the Healthier Tennessee website: <http://healthiertn.org/>

PLEASE SHARE THIS NEWSLETTER

LET'S GET RHEA FIT!!!

## Rethink Your Drink—FAQ

**Q. Why is drinking water important?**

**A.** Your body is made up of approximately 60% water. Staying properly hydrated can help maintain the health of all of your body processes including brain performance, mood, thermal regulation, memory, organ function, and elimination.

**Q. What are some of the symptoms of dehydration?**

**A.** Dehydration can cause or contribute to headaches, muscle aches, constipation, kidney stones, fatigue, and a wide range of just plain yuckiness (not a medical term).

**Q. How much water do I need to drink every day?**

**A.** There are various opinions about how much water is necessary to maintain good health. It is commonly recommended to drink eight 8-ounce glasses (the 8X8 rule). However, if you are more active, live at higher elevation or a warmer climate, or are trying to lose weight, it's advisable to drink ½ to 1 ounce per pound of body weight. There are a variety of apps available to help you remember to drink water and help track consumption.

## Keep Moving

Yoga has been practiced for over 5,000 years (some researches think it may be over 10,000 years old) as a practice designed to rejuvenate the body and prolong life.

A modern variation of Yoga has gained popularity with the elderly and people who have physical limitations including balance, coordination and stamina. **Chair Yoga** is an especially effective and gentle activity for anyone who needs a little extra support. Most of the "poses" are done from a sitting position, although some may include standing and using the chair for support. Some of the benefits of practicing Chair Yoga include:

1. Improved flexibility
2. Improved strength
3. Reduced stress
4. Improved mental clarity
5. Improved pain management
6. Improved Coordination and Balance

Chair Yoga can be practiced in the privacy of your own home by using videos as a guide. There are dozens of websites, and videos available on YouTube simply by searching for: Chair Yoga. Additionally, Silver Sneakers offers Chair Yoga for Seniors on Wednesday mornings, at RC3.



rethink  
YOUR DRINK

6 Ways to  
make  
WATER  
a habit

- 1 Drink a glass of water with each meal.
- 2 Carry a water bottle with you throughout the day.
- 3 Keep water on your desk.
- 4 When you feel like a snack, try drinking water first.
- 5 Instead of coffee or a soft drink, drink water.
- 6 Track your daily water intake to ensure you're staying properly hydrated.

**RHEAFIT**  
FOR A HEALTHIER RHEA COUNTY  
Sponsored by **CENTURY 21**  
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## About Rhea Fit

Our mission is to be a resource for health and wellness in Rhea County. Our goal is to connect Rhea Countians with opportunities for physical activity, healthy eating, and tobacco education. We meet at 12:00 pm on the 4th Monday of each month at the Rhea County Welcome Center. Please join us for our regularly scheduled meeting on **September 24th**. FOR MORE INFORMATION ABOUT RheaFit, PLEASE VISIT: <http://rhea-fit.strikingly.com> or [www.healthiertn.com](http://www.healthiertn.com) Like us on Facebook—[rheafit@RheaFit.com](mailto:rheafit@RheaFit.com)