

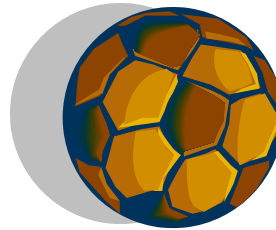
Wellness Nutrition Fun Facts

July 2011

Benefits of Exercise

There are many well known benefits of exercise, but do you know about some of the not so well known benefits??

1. **Improved Mood:** Endorphins are produced while you're exercising, and this increases happiness! Also, exercise increases self-confidence!
2. **Fewer Sick Days:** Exercise helps boost your immune system so the body is able to fight off simple bacterial and viral infections!
3. **Improved Sleep:** When you exercise regularly, you will have more energy throughout the day, fall asleep faster, and sleep more deeply at night.
4. **Social Relationships:** If you exercise as a family or with a friend, it can improve your relationships.



<https://www.mayoclinic.com/health/exercise/HQ01676>

Passing Germs

Germs from your mouth can easily be passed from you to your baby by "wetting" their pacifier or cleaning their face with your saliva and sharing eating utensils. Avoid doing these things and keep your mouth clean by brushing and flossing each and every day!

How Much Exercise Do We Need?

Children & Teens: 60 minutes of moderate—vigorous intensity physical activity every day.

Adults: 30 minutes of moderate intensity physical activity every day.

Healthy Grilling Tips

- * Grill fruit, like peaches, for a tasty dessert
- * Trim the fat from meat before putting on the grill
- * Grill vegetables for a healthy side dish
- * Choose a lower fat meat option to grill, like fish

Breastfeeding: Am I Making Enough Milk?

Concerns about milk supply tend to be the main reason that most women stop breastfeeding. However, it is very rare for a woman not to be able to produce enough breast milk *if* you always remember that breastfeeding is a supply and demand system. Whenever milk is removed from your breast, more milk is made. So if you let your baby nurse on demand, your body will produce the amount of milk your baby needs.

And although you can't measure the amount of milk your baby takes at each nursing, you can still watch for signs that he or she is getting enough to eat:

- Your baby is gaining weight. (Most babies lose weight after birth, but it should be regained by 2 weeks).
- Your baby breastfeeds at least every 3 hours, or about 8-12 times a day (Some babies may nurse every 1.5 to 2 hours).
- You can hear your baby swallowing and your breasts may feel emptier or softer after a feeding.
- Your baby has about 6-8 wet diapers a day and 3 or more dirty diapers each day (depending on age).



Do not use a breast pump to “test” how much milk you are producing. Babies who nurse get much more milk than a pump can express.

If your baby seems to be alert, active, and healthy, it is likely you are meeting all of his or her nutritional needs. However, if something doesn't seem right, contact a health professional. All babies are different and you know your baby best.

COOK'S CORNER:

Grilled Vegetable Kabobs

1/2 cup olive oil	3 zucchini
1 red bell pepper	1 yellow bell pepper
1 onion	12 fresh mushroom halves
1/4 cup vinegar	

1. Whisk vinegar and oil and set aside.
2. Cut bell peppers into 12 1-inch pieces. Cut the zucchini into 12 1/2-inch slices. Cut the onion into 12 pieces.
3. Thread the vegetables, alternately, on to 4 large skewers.
4. Marinate the kabobs in the oil and vinegar mixture for 15 minutes.
5. Grill them over medium coals for 12 minutes or until the vegetables are tender and slightly browned, turning them once. Serve hot.