

AQUA JOGGING

by Mike Perko, PhD

Want an exercise that promotes perfect posture, eliminates pounding on joints, and can be done whether you are a world-class triathlete or weekend warrior? May I suggest aqua-jogging. Aqua jogging, sometimes called deep water running, eliminates the pounding associated with running on land, and can offer extraordinary fitness benefits.

Most often done with a special flotation vest worn much like a life vest, aqua jogging takes place in water at shoulder height or deeper. Beginners should always start in the shallow end of the pool and move to a level that is most comfortable for them. The vest will suspend the body at shoulder level, allowing the wearer to breathe naturally above water, yet perform any number of workouts below.

Some basic workouts include:

Running in place. Move arms and legs just like running. After you become comfortable, include some sprints and long striders.

Scissor kicks. To strengthen and tone leg muscles, start with legs spread out wide and bring together so they cross at the ankle.

Abdominals. Lean with back against side of pool and extend arms out at sides and grasp pool rail. Bring legs straight out in front of you and try to get toes to break the water's surface.

It's important to remember to drink lots of water during aqua jogging; even though you are buoyant, your heart rate is up and you are working very hard! So be cool – run in the pool!

Pool Hockey

by Mike Perko, PhD

And you thought a pool was just for swimming. Each summer the annual World Pool Hockey championships are held. In 2008, various countries will be vying for the title of Worlds Champ. Pool hockey is played like ice hockey, only underwater and with fins instead of skates. The game first appeared in the late 1950's and was invented by the British to help underwater divers stay fit when the seas were too cold. Six players on each team try to knock a weighted puck into the other team's goal using little hockey sticks. As you can imagine, fitness levels of players are high as being able to hold one's breath for long periods of time and swimming back and forth on offense and defense make for one tough workout. You'll never look at a pool the same way, and don't even get me started on underwater rugby.



Photo: <http://www.underwater-hockey.com/>





DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

A HEALTHY RECIPE BY RICHARD COLLINS, MD

cheese/spinach STUFFED MANICOTTI



Measure:

12
1 cup
¼ cup
1 pkg
4 tbsps
2 tbsps
1, 26 oz

Ingredients:

manicotti shells
fat-free ricotta cheese
MORI-NU® Lite SILKEN TOFU, EXTRA FIRM
frozen spinach – chopped fine
onion – chopped fine
chili powder
jar of pasta sauce (or delicious served with beer/
cheese sauce) recipe found in comments

Preparation:

Cook manicotti shells according to package directions. Place tofu in food processor and process well to creamy consistency, pour into large mixing bowl, add ricotta cheese, spinach, thawed and very well drained and onion. Mix well. Place in pasta tube to fill manicotti shells on top. Pour small amount of sauce of your choice over the top of shells. Set sauces aside to be heated and serve over finished dish. Cover baking dish and bake in 350 degree oven for 30-40 minutes. Serve with additional sauce of choice. Garnish with fresh parsley or basil. Serve with leafy salad or vegetable of choice and hot crusty bread. Delicious.

Comment: beer/cheese sauce: slowly melt one half carton of fat-free cheese loaf with ¼ cup to ½ cup of dark ale beer.

(Analysis contains break down for pasta sauce and does not contain break down for cheese sauce) Calories 262, Fat 1.3, Carbohydrate 46.5, Cholesterol 0, Fiber 3.3, Protein 16, Sodium 285, Potassium 137, Calcium 48.

Number of Servings: 6

Spinach Salad

Measure

8 cups
1
1, 8 oz
1, 8 oz
¾ cup
4

Ingredients

fresh spinach, cut up
medium red onion, sliced thin, separated in rings
can sliced water chestnuts, drained
can mandarin oranges, drained
fat-free croutons
hard-cooked egg whites, chopped
fat-free Italian dressing
(optional) artificial bacon flavored chips for garnish

Preparation

Wash and drain spinach, then cut up. Add Onions, water chestnuts and oranges, toss lightly. Add croutons and cooked egg whites. Heat dressing and pour over salad just before serving. If desired, garnish with bacon chips. 8 servings.

Nutritional Analysis: Calories 91, Total Fat 0, Cholesterol 0, Carbohydrate 17, Protein 6, Sodium 124



Wellness Council of America
9802 Nicholas Street, Ste. 315 | Omaha, NE 68114
Phone: 402.827.3590 | Fax: 402.827.3594
www.welcoa.org