

Why are kidneys so important?

Your kidneys are important because they do three essential things:

Kidneys regulate water For your body to work properly, it must contain just the right amount of water. One of the important jobs of the kidneys is to remove excess water from the body or to retain water when the body needs more.

Kidneys remove wastes Many of the substances in the blood and body fluid must be kept at the correct level for the body to function properly. When the kidneys are working properly, excess minerals, such as sodium and potassium, are excreted from the body in the urine. The kidneys also help to regulate the levels of other minerals, such as calcium and phosphate, which are important for the formation of bone.

Kidneys produce hormones Normal kidneys also make important chemical messengers called hormones. These hormones circulate in the bloodstream and regulate some body functions such as blood pressure, the making of red blood cells, and the uptake of calcium from the intestine.

<http://www.kidney.ca/page.aspx?pid=319>



Runs on our Radar

Achilles St. Patrick's Day 5K - Sunday March 18th

Round The Bay 30K - March 25th

Yonge Street 10K - April 22nd

Game of Life 10K - April 29th

Sporting Life 10K - May 13th

Should you wish to join Us on the Sporting Life 10K, **FitnessWorks for Women** is putting together a Team. For the Sporting Life 10K or any of these runs, please speak with Ariella or any of the Staff & we will help get you set up.

Don't forget to join Us in the
"From Toronto to London"

Challenge: 1 min. = 3kms

GOAL: 12,990kms.



Double-Duty Exercise Opportunities

You know how tough it can be to find time to work out. Jam-packed schedules and never-ending chores don't seem to leave much time for taking care of yourself. But a hectic life is no reason to forgo your daily workout. Especially since the benefits of moving your body are enormous. With a little creativity, you can make exercise part of your routine no matter how long your to-do list is.

Use this simple plan to sneak some calorie-burning intensity into the chores you're *already* doing.

Pick Up the Pace The key to turning any household task into exercise is to pick up the pace or increase intensity and sustain it for as long as comfortably possible without taking a break.

So if you have to clean the floors, throw on some upbeat music, and put some major muscle behind your mopping. And set yourself a goal to see if you can finish within a certain time limit. This will help you keep the activity intense enough to count it as exercise.

Get Creative Some activities, such as weeding or raking, already require a high level of energy. But turning up the burn on other less intense activities, like washing dishes or dusting, may require a little more ingenuity.

Try these three creative ways to turn everyday chores into a workout. Adding these boosters could help you burn up to 180 extra calories per half hour of activity.

Dirty Dish Dips Don't let a mountain of dishes prevent you from working out when you could take care of both at the same time. Start the dishes, and then every few minutes, stop to do some dirty dish dips. **Areas worked:** chest, arms. **Starting position:** Face the sink, hands on the edge of the countertop, arms straight; position feet slightly farther than arms-length away from the counter so that your body is at a slight angle. **Action:** Without bending at your waist, slowly bend your elbows and lower your chest toward the counter. Dip your chest toward the counter as far as comfortably possible before returning to your starting position. Repeat 5 to 10 times.

Tip: Make sure the counter and your hands are dry and you're wearing shoes that won't slip.

Backyard Twists Raking the yard is already a great workout. Do it for half an hour and you'll burn about 171 calories, which is close to what you'd expend by running a mile. Boost the calorie burn with this twist. **Areas worked:** arms, shoulders, stomach, back, and sides. **Starting position:** Rake gripped in both hands, right hand lowest on the rake handle; arms extended to make a long rake stroke. **Action:** Reach the rake out as far as you can, and pull debris back toward your left foot by taking long, steady strokes while twisting your hips and upper body to the left. Do half of your raking with this motion, and then move your left hand below your right on the rake handle and do the rest with a left-to-right twisting motion. **Tip:** Start by raking for only a few minutes with this motion and work your way up as you get stronger. This motion works well when sweeping floors, too. Consult your healthcare provider first if you have back problems.

Squeaky Clean Squats Whether you're mopping the floor, washing the car, or scrubbing windows, you can get a lower body workout with a couple of buckets half-filled with water. **Areas worked:** arms, thighs, buttocks.

Starting position: Stand with one bucket handle gripped in each hand, feet shoulder-width apart; back, arms, and legs straight. **Action:** Keep your arms straight down at your sides while you slowly squat by bending at the knee and hip joints. Lower yourself until your thighs are roughly parallel to the ground, then return to starting position.

Repeat 10 times. **Tips:** To avoid injury, keep your knees centered over your toes when squatting, do not allow your thighs to dip beyond parallel to the ground, and keep your back straight.

Top ten household chores for burning calories* 1. Moving furniture: 225 calories 2. Scrubbing floors: 189 calories 3. Raking leaves: 171 calories 4. Gardening: 162 calories 5. Mowing the lawn: 162 calories 6. Washing the car: 153 calories 7. Cleaning windows: 153 calories 8. Vacuuming: 84 calories 9. Washing dishes: 76 calories 10. Doing laundry: 72 calories*Estimations based on a 150-pound person and 30 minutes of activity

Always supplement your exercise routine with longer bouts of cardiovascular exercise, such as walking, whenever possible. But on days when time is scarce and the to-do list is long, remember that it's important to **make exercise a priority**. Doing your chores with a little extra energy and vigor is a great way to multitask.

<http://www.realage.com/fitness/double-duty-exercise-opportunities>



March 2012 Newsletter



Creating Community and
Changing Women's Lives

Chicken Sausage with Potatoes & Sauerkraut

The flavor of the dish will vary depending on what type of chicken sausage you choose. We like the taste of roasted garlic sausage or sweet apple sausage in this recipe. And although any type of sauerkraut can be used, we prefer the crisp texture of refrigerated kraut over canned. Serve with roasted carrots and some mustard to spread on the sausage.

4 servings, about 1 1/2 cups each | Active Time: 30 minutes | Total Time: 30 minutes

Ingredients

- * 1 tablespoon extra-virgin olive oil
- * 12 ounces (4 links) cooked chicken sausage, halved lengthwise and cut into 2- to 3-inch pieces
- * 3 medium Yukon Gold potatoes, halved and cut into 1/4-inch slices
- * 1/2 teaspoon freshly ground pepper
- * 1 medium onion, thinly sliced
- * 1 1/2 cups sauerkraut, rinsed
- * 1/4 teaspoon caraway seeds
- * 1 1/2 cups dry white wine
- * 1 bay leaf

Preparation

Heat oil in a large skillet over medium heat. Add sausage and onion and cook, stirring frequently, until beginning to brown, about 4 minutes. Add potatoes, sauerkraut, wine, pepper, caraway seeds and bay leaf; bring to a simmer. Cover and cook, stirring occasionally, until the potatoes are tender and most of the liquid has evaporated, 10 to 15 minutes. Remove the bay leaf before serving.

Nutrition Per serving: 295 Calories; 9 g Fat; 1 g Sat; 3 g Mono; 60 mg Cholesterol; 24 g Carbohydrates;

14 g Protein; 4 g Fiber; 554 mg Sodium; 545 mg Potassium

http://www.eatingwell.com/recipes/chicken_sausage_sauerkraut.html



Eight immune-boosting nutrients to keep you healthy through flu season

- 1. Vitamin C:** Vitamin C is a powerful antioxidant that protects against infection and enhances immunity. Vitamin C works by increasing the production of white blood cells, which fight off infection. It also works by increasing the production of antibodies and in particular, raises levels of interferon, the antibody that coats cell surfaces, preventing the entry of viruses. Vitamin C sources include citrus fruits, potatoes, green peppers, strawberries and pineapple.
- 2. Vitamin E:** Vitamin E is important to a healthy immune system. One function of vitamin E is that it enhances the production of B-cells, the immune cells that produce antibodies that destroy bacteria. In fact, research shows that people who eat vitamin E-rich foods tend to have a higher immunity. Vitamin E rich foods are seeds, vegetable oils and grains such as sprouted grains and lentils.
- 3. Beta-carotene:** Beta-carotene enhances the functioning of your immune system. Beta-carotene works by increasing the number of infection fighting cells, natural killer cells and helper T cells. Foods rich in beta-carotene include sweet potatoes, carrots, kale, spinach, turnip greens, winter squash, collard greens, cilantro and fresh thyme. To enhance the availability of the beta-carotene in these foods, they should be eaten raw or lightly steamed.
- 4. Zinc:** Zinc helps to prevent a weakened immune system. Studies have shown that a zinc deficiency can impair a number of white blood cells and platelets (blood cells involved in clotting), and can increase susceptibility to infection. Excessive zinc intake, however, may impair immunity and increase infections. Get an adequate amount of zinc in your diet by eating zinc-rich foods such as almonds, lima beans, lentils, pumpkin and sesame seeds, garbanzo beans and yogurt.
- 5. Garlic:** Garlic is known for its cold-fighting abilities. It increases the potency of two important cells of the immune system: T-lymphocytes and macrophages. The immune-boosting properties of garlic appear to be due to its sulfur-containing compounds, such as allicin and sulfides.
- 6. Omega-3 fats:** The all-important omega-3 fats are essential immune boosters, as they work by increasing the activity of phagocytes, the white blood cells that eat up bacteria. These fats also help strengthen cell membranes, thereby speeding up healing and strengthening resistance to infection in the body. Omega-3s are found in foods such as flax oil and flaxseeds, chia and hemp seeds, omega-3 eggs, wild fish, and other nuts and seeds.
- 7. Broccoli:** This vegetable is a great immune-booster and is easy to add to any meal. It's full of nutrients that protect your body from damage such as vitamin A, vitamin C and glutathione.
- 8. Yogurt:** In addition to fruits, vegetables and grains, a daily cup of organic yogurt with live and active cultures may stimulate your immune system to fight diseases. Also, in recent studies, the vitamin D in yogurt and in sunlight has been linked to decreasing the risk of cold and flu. If you don't eat dairy, many health foods stores carry goat and sheep's yogurt, which have less lactose, or you can get soy yogurt (must be organic) or you can make your own coconut-based yogurt at home.

<http://www.chatelaine.com/en/article/34590--eight-immune-boosting-nutrients-to-keep-you-healthy-through-flu-season#>