

# Delta Health Watch



Delta Sigma Theta Sorority, Incorporated  
Philadelphia Alumnae Chapter  
**Physical and Mental Health Committee**

## Diet and Exercise

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These are exciting times as we continue to prepare for the Emma Minott/Fortitude Run for Multiple Myeloma. For many, this may be your first time participating in a walk/run of this magnitude. Whether training with Sorors, or training alone, it is important to prepare your body for the event. A healthy diet and routine stretching are important components of any sports participation. Remember to stop exercising immediately if you experience any chest pain or shortness of breath. It is vital to stay under the medical guidance of your physician as you train. Included are helpful diet and exercise pointers to aid you in your preparation.

### THE BEST FOOD FOR RUNNERS

- **Almonds:** Runners should eat a small handful of almonds at least three to five times per week. Nuts, especially almonds, are an excellent source of vitamin E, an antioxidant that many runners fall short on because there are so few good food sources of it.
- **Sweet potatoes:** This Thanksgiving Day standard should be on the plates of runners year-round. Just a single 100-calorie [sweet potato](#) supplies over 250 percent of the DV for vitamin A in the form of beta-carotene, the powerful antioxidant. Sweet potatoes are also a good source of vitamin C, potassium, iron, and the two trace minerals manganese and copper.
- **Whole-Grain Cereal with Protein:** Look for whole-grain [cereals](#) that offer at least five grams of fiber and at least eight grams of protein. Kashi GoLean cereal, Nature's Path Optimum Rebound and Back to Nature Flax & Fiber Crunch are a few available cereals.
- **Canned Black Beans:** One cup of these beauties provides 30 percent of the DV for protein, almost 60 percent of the DV for [fiber](#) (much of it as the cholesterol-lowering soluble type), and 60 percent of the DV for folate, a B vitamin that plays a key role in heart health and circulation.
- **Mixed Salad Greens:** Rather than selecting one type of lettuce for your salad, choose mixed greens, which typically offer a unique blend of phytonutrients that research suggests may fend off age-related diseases, such as Alzheimer's, cancer, [heart disease](#), and diabetes. These phytonutrients also act as antioxidants, warding off muscle damage brought on by tough workouts.
- **Salmon:** Nutrition-wise, salmon is the king of fish. Besides being an excellent source of high-quality [protein](#) (you get about 30 grams in a four-ounce serving), salmon is one of the best food sources of [omega-3 fats](#).
- **Whole-Grain Bread:** Runners need at least three to six one-ounce servings of whole grains per day, and eating 100 percent whole-grain bread (as opposed to just whole-grain bread, which may contain some refined grains and flours) is an easy way to meet this requirement since one slice equals one serving.
- **Chicken:** Runners need about 50 to 75 percent more protein than nonrunners to help rebuild muscles and promote recovery after tough workouts. And just one four-ounce serving of chicken can supply about half a runner's daily protein needs.
- **Low-fat Yogurt:** Besides being a good source of protein and calcium (one cup provides 13 grams of protein and 40 percent of the DV for calcium), low-fat yogurt with live cultures provides the healthy bacteria your digestive tract needs to function optimally.

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## Flexibility: Loosen Up!

Wharton, Phil and Jim. [Flexibility: Loosen Up](http://www.runnersworld.com). July 12, 2005. www.runnersworld.com

***When runners take on a training program, they focus on building endurance and speed. Improving their flexibility never seems to make it into the game plan. Yet, a flexible body is more efficient, sees more gains in strength and endurance, enjoys more range of motion, is less injury-prone, recovers more quickly, and simply feels better. This program only takes 15 minutes and should be done before and after a run.***

### **Double-Leg pelvic tilt**

**Works:** lower back and buttocks **Contract:** abdominals and muscles in the front of the hips and thighs **How:** Lie down on your back with both knees bent. Place your hands behind your knees. Lift your legs toward your chest. Gently assist with your hands; don't pull.

### **Straight-Leg hamstring**

**Works:** back of thighs **Contract:** front of thighs **How:** Lie with your nonexercising knee bent and your other leg straight. Place your foot into the loop of a stretching rope. Lift your leg as far as you can. Grasp the ends of the rope with both hands and climb up it, hand over hand, as your leg lifts.

### **Hip Adductors**

**Works:** inner thighs **Contract:** outer thighs, buttocks **How:** Place one foot inside the loop of a rope. Wrap it around the inside of the ankle. Lock your knee, rotate your leg inward. Extend your leg out to the side of your body, leading with your heel. Complete one set. Repeat leading with your toe.

### **Hip Abductors**

**Works:** outer thighs, hips **Contract:** inner thighs **How:** Place your foot into the loop of a rope. Wrap it around the outside of your ankle. Rotate the exercising leg outward and the other leg inward slightly. Lock your knee. Extend your leg across the midline of your body, leading with your heel.

### **Quadriceps**

**Works:** front of the thighs **Contract:** buttocks, back of thighs **How:** Lie on your side with your knees against your chest and your head on the ground. Slide your bottom arm under the thigh of your bottom leg and place your hand around the outside of your foot. Grasp the shin of your upper leg with your upper hand. Move your upper leg back as far as you can.

### **Gluteals**

**Works:** lower back, hips, piriformis, buttocks **Contract:** abs, front of thighs **How:** Lie with one leg straight and the other bent. Point the toes of your nonexercising leg inward. Lift your bent knee toward the opposite shoulder. Keep your pelvis on the ground, and use your hands for a gentle assist.

### **Hip External Rotators**

**Works:** gluteus maximus, external rotators **Contract:** gluteus minimus, internal rotators **How:** Place your foot in a rope. Wrap the ends of the rope around the inside of your ankle. Pull the rope under your leg and grasp it with the hand that's on the same side. Rotate your thigh inward, pivoting your lower leg outward and leading with your heel.

### **Hip Internal Rotators**

**Works:** internal rotators **Contract:** external rotators **How:** Place your foot in a rope. Wrap the ends of the rope around the outside of your ankle. Pull it under your leg and grasp it with the hand on the opposite side. Pivot the lower part of your leg inward, leading with your heel.

### **Trunk Extensors**

**Works:** muscles that run from the pelvis to the base of the skull, lower back **Contract:** abs **How:** Sit with your back straight, knees bent, and toes pointed slightly up. Tuck your chin and contract your abs to pull your body forward. Grasp] **Thoracic-lumbar rotators**

**Works:** muscles throughout back and sides **Contract:** abs, obliques, rotators on opposite side **How:** Sit in a chair with your back straight. Lock your hands behind your head. Rotate in one direction as far as you can go. When you're loosened up: rotate, hold, and flex your trunk forward, leading toward the ground with your elbow.

### **Soleus**

**Works:** muscles in the back of lower legs **Contract:** front of lower legs **How:** Sit on the floor with one leg straight and one leg bent. Grasp the bottom of your foot with both hands. Keeping your heel on the floor, raise the foot and bring it toward your body. If you can't reach your foot, use a rope.

### **Achilles Tendon**

**Works:** the cord that attaches your heel to your lower leg **Contract:** front of the lower legs **How:** Sit on the floor with one leg straight and one leg bent and your heel close to your buttocks. Grasp the bottom of your foot with both hands. Raise the foot up, keeping your heel on the floor.

### **Gastrocnemius**

**Works:** calf muscles **Contract:** muscles in the front of the lower legs **How:** Sit on the floor with both legs straight. Loop the rope around one foot and grasp the ends of the rope with both hands. Flex your foot, aiming your toes toward your knee while keeping your knee locked.

### **Pectoralis Major**

**Works:** chest, shoulders **Contract:** backs of shoulders **How:** There are three stages. First: Arms below the belt. Second: Arms shoulder level. Third: Arms above shoulders. Straighten your arms, palms forward. Put your palms together in front of you and then swing both arms behind you. Start with the first position and progress up with each swing.

### **Rhomboid/Rotator Cuff**

**Works:** external shoulder rotators and rhomboid major and minor **Contract:** muscles in the shoulder **How:** Stand with feet slightly apart and arms at your sides. Lift one arm, with the elbow locked, and raise it across your chest toward the opposite side. Use the other hand to give a gentle assist. Keep your torso still and don't hike up your shoulder.