



Health *focus*

Eating & Exercise

When being active and exercising it is important to give your body the right amount of fuel so that you feel good and get the most benefit from your workout. Some people who are trying to lose weight think that if they exercise on an empty stomach, they will burn more calories and fat. In fact, you may harm your body by doing this.

It is very important to eat healthfully if exercising, but timing is important. If you eat a large meal right before exercising you may get an upset stomach, cramping, diarrhea, or feel sluggish and slow. If you don't eat you may feel faint, weak, or tired as a result of low blood sugar.

Here is some general information to keep in mind about eating and exercise, whether you are trying to lose weight or not.

1. Don't Skip Meals Even breakfast. Just like you need to put gas in your car, you need to put food in your body for energy. By not skipping meals you

are ensuring that your body will have the energy it needs to get through a workout and through the day. If you like to exercise in the morning eat a smaller breakfast, like some fruit and nuts.

2. Wait 3-4 hours after eating a large meal before exercising. If it's a smaller meal wait 2-3 hours. It is important to give your body time to digest the food in your stomach or you may feel poorly.

3. After exercising eat something within 2 hours. This will help your muscles and body recover and restore glycogen, which is used by the body for energy. A snack or meal with protein and carbohydrates is ideal for restoring glycogen, as well as rebuilding muscle tissue and improving muscle hydration. Try the [Sesame-Baked Chicken](#) (healthy recipe of the week) with some brown rice for a great post-workout meal.

Announcements

- ◆ Congratulations to our winners of the raffle drawing at the Kick-Off Event: Leila Attarzadeh, Janet Groome, and Norine Shima!
- ◆ Remember that you can log any activity that you do, whenever you do it. You don't have to walk with the Health*Matters Walking Group, although it is a great opportunity to fit some activity into your work day.
- ◆ Another good activity opportunity: Try **Dancing for Fitness** on Tuesday, June 17 from 12:10-1pm in 234 Hearst Gymnasium. No registration required. Additional Dates: July 15, August 19



TRIVIA

So You Think You Know About the Bay Area?



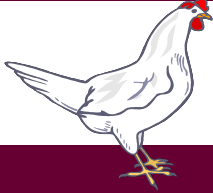
Question: What author said "There's no there there" after learning that her childhood home in Oakland was gone?

Answer: Gertrude Stein
This quote was not meant to criticize the city of Oakland, as often believed, but a statement of Stein's inability to ever return to the home she knew as a child.

Oakland has embraced this quote by placing a statue downtown that is titled, "There." There is also a sculpture on the Berkeley/Oakland border that consists of 8 foot tall letters that say HERE and THERE. Next time this controversial sculpture comes up in conversation, you can quote Gertrude Stein and explain what it means!

Question: What nickname was given to the city of Hayward?

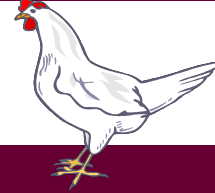
Email your answer to: pmielbeck@uhs.berkeley.edu and get entered into the prize drawing. Good luck!



Healthy Recipe of the Week

Sesame-Baked Chicken

Serves 4



Ingredients

- ½ cup all-purpose flour
- 1 tsp salt
- ¼ tsp pepper
- 1 tsp garlic powder
- ½ tsp oregano
- 2 boneless, skinless chicken breast, split
- ¼ cup egg substitute
- 1 cup sesame seeds
- nonfat cooking spray
- 1 jar prepared chutney

1. Preheat the oven to 350 degrees F. Mix flour, salt, pepper, garlic powder, and oregano. Roll

chicken breasts in this mixture. Shake off excess. Mix egg substitute with 2 tablespoons of water. Dip chicken breasts in this mixture and then roll in sesame seeds.

2. Spray 9x9-inch baking pan with cooking spray. Lay chicken breasts, side by side, in this pan. Spray with cooking spray. Bake 25 minutes. Place a spoonful of chutney under each chicken breast and serve.

Nutrition Information

Serving Size ½ chicken breast

Amount per serving

Calories 366

Calories from Fat 90

Total Fat 10g

Saturated Fat 2g

Cholesterol 73mg

Sodium 628mg

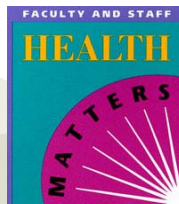
Total Carbohydrate 35g

Dietary Fiber 3g

Sugars 19g

Protein 32g

-American Diabetes Association



Health*Matters
University Health Services
3100 Tang Center
2222 Bancroft Way
Berkeley, CA 94720-4300