



Health *focus*

Get the Gear

While being active it is important to wear appropriate clothing and shoes in order to stay safe and injury free. This doesn't mean you have to spend a lot of money on different shoes and clothing for every activity you do. You usually don't need specialized clothing or sport-specific shoes unless you engage in an activity three or more times a week. Here are some guidelines on what to wear no matter what activity you choose to do.

In general, dress appropriately for the weather, and wear something that breathes and wicks away sweat and moisture. If you will be outside, wear bright colors or reflective clothing so that you can be seen.

Here are some things to keep in mind when buying shoes:

- Always try shoes on. You can't rely on using the size of your last pair of shoes because your feet may have grown and sizes differ between makers.
- Try on shoes later in the day. Feet tend to swell throughout the day and also with activity, so you'll get a better fit.
- Have your feet measured while standing up.
- Make sure to try shoes on both feet and buy for the larger foot. Very rarely are your feet the same size.
- Walk around the store and see how the shoes feel. If they feel tight,

don't buy them. Shoes shouldn't have to stretch out to be comfortable.

- There should be about one finger's width (1/2 inch) between your longest toe and the end of the shoes.
- Try the shoes on with the same type of socks you'll be wearing. This can affect the tightness of the shoe and your comfort.

If you plan to run, look for a shoe that has good heel control, overall shock absorption, and more cushioning impact.

Walkers should have shoes that are more lightweight and have more shock absorption under the heel and ball of the foot. Also look for a shoe that has a rounded sole and more rigidity in the front.



If you don't know what kind of shoe you should wear, ask. Store staff will be able to answer your questions and help you find what you need.

Make sure to replace your athletic shoes every 350-550 miles, or about every 6 months for daily walkers/runners. Old or worn out shoes can lose their stability and shock absorption resulting in injury.



Announcements

- ◆ Check out the yummy *Banana Bars* recipe below. A nice treat for a sweet snack or dessert!

TRIVIA

So You Think You Know About the Bay Area?



Question: San Jose served as the first state capital of California. In total, how many cities have been California state capitals?

Answer: Five.

San Jose, Vallejo, Benicia, San Francisco (temporarily) and Sacramento. Monterey doesn't quite count since California didn't become a state until 1850.

The capital building in San Jose was a small, two-story adobe hotel that was just 60 by 40 feet. The building is no longer standing but you can go to the Circle of Palms Plaza in San Jose to see the state seal marking the place of the first state capital.

Nearby there is also the San Jose Museum of Art and the Plaza De César Chávez Park where you can catch live music every Thursday night throughout the summer.

Question: How did Palo Alto get its name?

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

Healthy Recipe of the Week

Banana Bars

Serves 24

Ingredients

- ½ cup Fiber One cereal
- 2/3 cup sugar
- ½ cup low-fat sour cream
- 2 Tbsp margarine or butter, softened
- 2 egg whites
- ¾ cup mashed very ripe bananas
- 1 tsp vanilla
- 1 cup all-purpose flour
- ½ tsp baking soda
- ¼ tsp salt

1. Heat oven to 375 degrees.
2. Spray square pan, 9x9x2 inches, with cooking spray.

3. Crush cereal. (Place cereal in plastic bag or between sheets of waxed paper; crush with rolling pin. Or crush in blender or food processor.)

4. Beat sugar, sour cream, margarine and egg whites in a large bowl on low speed for 1 minute, scraping bowl occasionally.

5. Beat in bananas and vanilla 30 seconds. Beat in flour, baking soda and salt on medium speed for 1 minute, scraping bowl occasionally.

6. Stir in cereal. Spread in pan.

7. Bake 20 to 25 minutes or until light brown; cool. Sprinkle with powdered sugar if desired. For bars,

cut into 6 rows by 4 rows.

Nutrition Information

Serving Size: 1 bar

Amount per serving

Calories 65

Calories from Fat 15

Total Fat 1g

Saturated Fat 0g

Cholesterol 2mg

Sodium 80mg

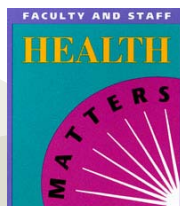
Total Carbohydrate 13g

Dietary Fiber 1g

Sugars 6 g

Protein 1g

-American Diabetes Association



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