



CIM Communication

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Visit our websites at: www.cim.md www.centermedspa.com

This month's website article: [Exercise and the Immune System](#)

This month's website Recipe: [Root Vegetable Stew With Beef and Barley](#)

Events/News/Information

Welcome Earth Fare

Earth Fare is an Asheville, NC based chain of natural food stores that is opening a store on Gunbarrel Rd here in Chattanooga. I frequently shopped at Earth Fare when I lived in Knoxville, and am excited to have a location here. The grand opening is scheduled for December 9th. For more info [click here](#)

EXERCISE ESSENTIALS

Pedometer Basics

Using a pedometer is a great way to track your activity level day to day, measure your progress, and keep you focused on making activity a part of your day. Pedometers range in function from basic step counters to measuring distance walked, calories burned or other measurements and can even allow you the ability to upload your walking data or electronically track the numbers. For most individuals I would recommend starting with the basic step counter or perhaps one that allows you to set your stride length to accurately measure distance. Plan to spend between 15 and 20 dollars for a good (accurate) basic model. Less expensive pedometer will give false readings and will not accurately track your actual steps. Check the display to make sure it is easy to read. Many models have a cover of flip open to indicate the steps and can be difficult to access. Most are designed to clip on to a belt and should be worn on the hip. For women looking for a model that can be worn in multiple locations may be an important feature. Perhaps most importantly, make sure the pedometer is sturdy and has a leash or other device to help secure it. Pedometers are notorious for falling off, and without a sturdy case one fall might be the end of your pedometer.

Starting Simple

One of the best and easiest ways to begin your journey to fitness is simply to walk. The only equipment you need is a good pair of shoes, and anyone can do it. Even if you have health problems that prevent more strenuous activities, you can build up your strength and stamina by starting slowly and walking your way to better health. If you live in a good, safe neighborhood, that is usually the best place to start. If not, look around where you live and work. Is there a school that has a track you can use? Is there a mall close by or does your church have a walking track? If you work downtown you have plenty of sidewalk available. Do you live or work close to a park or the riverwalk? Almost everyone can find some place that will work. Even climbing up and down stairs will work if you live or work in or close to a multi-story building.

The next major issue, and the most significant hurdle for most people is time. Finding the time to walk is often a challenge, but please understand that the investment in your health is absolutely worth it. To begin with, you can break up your 30 minute walk into 15 minute blocks, or even 10 minute blocks. Researchers have shown that less than 10 minutes at a time doesn't really provide much in the way of benefits so set

with, you can break up your 30 minute walk into 15 minute blocks, or even 10 minute blocks. Researchers have shown that less than 10 minutes at a time doesn't really provide much in the way of benefits so set aside at least that much time. While it will work well for a few months, you should know that as you progress and improve your fitness you should plan to begin doing your walking all at once or you will find it very difficult to make long term progress. If you walk predominately outdoors, you should have a second place to walk when the weather is bad or extreme. If you start with less than 30 minutes, then your first goal should be to work up to 30 minutes per day. Add 1, 2, or 5 minutes each week until you reach that goal. Once you reach 30 minutes, your goal then becomes increasing your speed, which translates into walking farther in the same amount of time. The pace you should attempt to achieve is 3,000 steps in 30 minutes or approximately 1 1/2 miles. This is the pace that is considered moderate intensity, and where you should be on your walks to maximize your health benefits. If you are not able to walk someplace where you know the distance traveled, purchase a pedometer and track your steps. Start with a basic pedometer that measures steps and can be set to your stride length so you have an accurate measurement of the distance you have travelled (see above for tips on choosing a pedometer). If you have internet access, do a little research online for models with the features you consider important. Once you get the pedometer, test it two or three times by walking 50 steps and checking the number of steps the pedometer indicates you took. If it is within two or three steps of the number you took, that is acceptable error (remember this when you look at your daily total, it is likely off 5-10%). You are now ready to track your walking/steps.

If you have reached this point and are saying to yourself you just don't have time to walk 30 minutes each day, read on. Research shows that when you give someone a pedometer, they tend to take more steps and are more active than before they had a pedometer.

They give you instant feedback on your progress and how close you are to your goal for the day. Having that instant feedback is a powerful motivator. If you are one who just doesn't have time to walk, here is a plan for you. Find a pedometer that fits you taste and needs. Wear it for one week including the weekend, and at the end of each day write down your total steps for the day. Average the 7 totals to get your average steps. From this point you need to set a goal for increasing your steps. I usually recommend the first goal to increase your steps by 2000 per day above your average, but you could just as easily start with 500 or 1000 steps per day. Then look for ways to "waste" steps. This goes against most everything else we do, as we are constantly looking for ways to be more efficient, but to be successful you need to change your thinking. Park in the farthest parking spot possible from where you are going, take the stairs whenever you can, take short walking breaks at work, walk to a co-workers office instead of calling them. If your kids have any kind of practice, walk around while they do it, or after you drop them off/before you pick them up...use your imagination. Every step counts, and the more you take the better you will do. The long term goal is 10,000 steps each day, but break it down into manageable 1000-2000 step blocks.

One of the biggest keys to success is to not only set a long term goal, but to break it down into small and manageable short term goals or steps. The average American takes about 4,000 steps each day. It would be unreasonable to set the first goal at 10,000 steps which would require the equivalent of 3 additional miles walked each day (2000 steps is about 1 mile). Pedometers work best when small goals are set and achieved. Remember you are working on developing a healthy lifestyle which is no easy task. I have included a link to the Mayo Clinic website which has several excellent articles about walking, starting a walking program, pedometers, choosing walking shoes and many more. Exercise is probably the single most important thing you can do to keep yourself healthy, maintain your quality of life, and reduce your risk of many of the most common diseases of industrialized nations.

<http://www.mayoclinic.com/health/walking/HQ01612>

Healthy Recipe of the Month: Chicken With Southwestern Salsa

Ingredients:

1 Tbs. canola oil, divided
1 tsp. ground cumin, divided
3/4 tsp. ground coriander, divided
1/2 tsp. salt
1/4 tsp. black pepper
1/8 tsp. ground red pepper
4 (6 -ounce) skinless boneless chicken breast halves
1/2 cup chopped onion
1 tsp. minced garlic
1/3 cup chopped tomato
1/4 cup chopped fresh cilantro
2 Tbs. fresh lime juice
1 (15.5 ounce) can black beans, rinsed and drained
1 (8.75 ounce) whole kernel corn, drained

Directions

Heat 2 tsp. oil in a large non-stick skillet over medium-high heat. Combine 1/2 tsp. cumin, 1/2 tsp. coriander, salt and peppers; sprinkle evenly over chicken. Add chicken to pan; cook 7 minutes on each side or until done.

While chicken cooks, heat the remaining 1 tsp oil in a small skillet over medium-high heat. Add onion to pan; saute 1 minute. Add garlic to pan; saute 30 seconds. Transfer onion mixture to a large bowl; add remaining 1/2 tsp. cumin, remaining 1/4 tsp. coriander, tomato and remaining ingredients to onion mixture, tossing well. Serve with chicken.

Serves: 4

Calories: 317 Cholesterol: 94mg Dietary Fiber: 5.2g

Protein: 39g Sodium: 705mg Carbohydrate: 24.g

From www.earthfare.com

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02/06/2010 - [Nashville Predators Fangtastic 5K](#) - Nashville, Tennessee
02/13/2010 - [Cupid's Chase 5K Run - Nashville](#) - Nashville, Tennessee
02/13/2010 - [Cedars Frostbite Half Marathon](#) - Lebanon, Tennessee
02/13/2010 - [Cupid's Chase 5K Run - Cookeville](#) - Cookeville, Tennessee
02/27/2010 - [Scenic City Half Marathon](#) - Chattanooga, Tennessee
02/27/2010 - [NROTC Vanderbilt University 5K for...](#) - Nashville, Tennessee
02/27/2010 - [7th Annual Land Rover Nashville Race...](#) - Nashville, Tennessee

For additional events visit www.outdoorchattanooga.com

The Center for Integrative Medicine

For more information please [click here](#) to visit our website

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At The Center for Integrative Medicine we seek to evaluate and respond to patients based on their physical, emotional, spiritual and social needs. Our desire is to create an atmosphere of healing through compassion, education, empathy and respect for personal beliefs. Our staff includes two physicians, a physician assistant, two licensed counselors, an acupuncturist, a soft tissue therapist, and a registered dietitian. The focus at our clinic is to treat the whole person and take steps to find and treat the cause of a problem rather than address only the symptoms. Additional services include DEXA scans, Mind/Body skills training, biofeedback, and nutritional supplements. Our staff and practitioners create an environment that fosters empowering the patient to be involved in their care, and teaching skills necessary to produce optimum health of mind, body, and spirit.



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