

# The UConn Buzz



## ASK BE WELL

**This Month's Question:**  
"Walking isn't aerobic exercise, is it?"

**Answer:** Aerobic training is physical activity requiring enough work to raise an individual's heart rate to 70%-85% of its maximum, and keep it sustained for 20 to 60 minutes. Common examples are running, cycling, and swimming. These intense workouts are excellent forms of aerobic training, but carry with them risk of injury. Walking and hiking can be a safer alternative.

The long standing findings of a [26-year study](#) of 17,321 Harvard University alumni by Harvard and Stanford researchers found that "vigorous" activity lowered their risk of dying by 25 percent. Vigorous activity can be defined as 45 minutes of brisk walking 5 times per week.



With the temperatures cool, and the spectacular fall colors, October is a great time to get out and walk. Start making strides to better health!

The benefits of physical activity come from four elements Frequency, Intensity, Time, and Type, easily remembered as F.I.T.T.

- ◆ **Frequency** is how often you exercise
- ◆ **Intensity** is how hard you work during exercise
- ◆ **Time** is how long you exercise
- ◆ **Type** refers to the form of activity you are doing such as cardio exercise or strength training

Since walking is not as intensive as running, individuals have to walk for a longer amount of time. There are some great tips on how to start walking from the [American Heart Associations](#). They recommend brisk walking for 30 minutes on five days each week, or running for 20 minutes for three days each week.

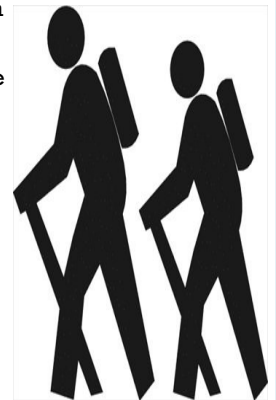


## Welcome to Walktober

Not interested in walking? Bored of your monotonous gym routine?

### Go Take a Hike!

Some health benefits include improved balance, strengthening your lower body, controlling your weight, and boosting your mood. Also a [research study](#) recently showed that spending time outdoors can help boost problem-solving skills and attention span. Hiking is a great way to stay healthy and get those creative juices flowing. Eastern Connecticut has dozens of trails and parks that allows you to enjoy the autumn foliage while working up a sweat.



### Visit these local trails this month

- ◆ [Crandall's Park-Tolland](#)
- ◆ [Fliegel Farm Woods-Ashford](#)
- ◆ [Mansfield Hollow State Park-Mansfield](#)
- ◆ [Nathan Hale State Forest -Coventry](#)

**Be sure to also check out these resources:**

[Mansfield Trail Guide](#)

[The Last Green Valley Member Walktober Challenge](#) has activities almost every day in all parts of Eastern Connecticut.

## HAPPENINGS AROUND TOWN

### Huskies Forever 5K Road Race

October 16th, 9am  
Alumni Center, UCONN

#### Sources for this issue of The Buzz include:

American Lung Assoc., American Heart Assoc.,  
Public Library of Science, CT Forest & Park Assoc.

### WHAT'S IN SEASON IN CT?

Beets, Brussels Sprouts,  
Sweet Potatoes,  
Cranberries,  
Bosc Pears,  
Squash, and Apples.

## ROASTED BRUSSELS SPROUTS

### Ingredients

- ◆ 1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed
- ◆ 3 tablespoons olive oil
- ◆ 1 teaspoon kosher salt
- ◆ 1/2 teaspoon freshly ground black pepper



### Instructions

1. Preheat oven to 400 degrees F.
2. Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large re-sealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.
3. Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Brussels sprouts should be dark brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Serve immediately.

## October is Healthy Lung Month!

Lungs are necessary for survival, so taking preventative steps for these vital organs are essential in lung health and overall quality of life. Use this month to focus on reducing the risk of lung-related diseases. Follow these tips and tricks to keep your lungs happy and healthy this October and in the future.

### Reduce Exposure to Toxins

Be mindful of air quality in places you spend the most of your time, such as your home, car, and workplace. Make the effort to avoid second-hand smoke whenever possible, and make the decisions to not smoke or work on quitting. Click here to take the first step to [quitting](#).

### Be Proactive

Exercising is an essential way to promote a healthy lifestyle. Raising your heart rate through exercise is an excellent way to strengthen your diaphragm and improve the overall functioning of your lungs.

### Get your Flu Shot

Although respiratory infections, like the flu, are curable and common, it is still important to avoid illness as much as possible. Getting a flu shot and washing your hands are easy and effective ways to prevent the spread of disease.

Be sure to find a [Flu Clinic](#) near you.

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from The CT Department of Health. The goal of the program is to make the healthy choice the easy choice.

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