WESTERN NEBRASKA VETERANS' HOME



The Vets Gazette

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DEBUNKING NUTRITION AND EXERCISE MYTHS

Are you overwhelmed by daily decisions about what to eat, how much to eat, when to eat, and how much physical activity you need to be healthy? If so, don't be discouraged because you're not alone. With so many choices and decisions, it can be hard to know what to do and which information you can trust.

This information may help you make changes in your daily eating and physical activity habits so that you improve your well-being and reach or maintain a healthy weight.

Food Myths

Myth: To lose weight, you have to give up all your favorite foods.

Fact: You don't have to give up all your favorite foods when you're trying to lose weight. Small amounts of your favorite high-calorie foods may be part of your weight-loss plan. Just remember to keep track of the total calories you take in. To lose weight, you must burn more calories than you take in through food and beverages.

TIP: Limiting foods that are high in calories may help you lose weight.

Myth: Grain products such as bread, pasta, and rice are fattening. You should avoid them when trying to lose weight.

Fact: Grains themselves aren't necessarily fattening—or unhealthy–although substituting whole grains for refined-grain products is healthier and may help you feel fuller. The Dietary Guidelines for Americans recommends consuming grains as part of a healthy eating plan. At least half of the grains you eat should be whole grains. Examples of whole grains include brown rice and whole-wheat bread, cereal, and pasta. Whole grains provide iron, fiber, and other important nutrients.

TIP: Try to replace refined or white bread with whole-wheat bread and refined pasta with whole-wheat pasta. Or add whole grains to mixed dishes, such as brown instead of white rice to stir fry.

Physical Activity Myths

Myth: Physical activity only counts if you do it for long periods of time.

Fact: You don't need to be active for long periods to get the amount of regular physical activity recommended in the Physical Activity Guidelines for Americans which is at least 150 minutes, or 2 hours and 30 minutes, of moderate-intensity physical activity each week. An example of moderate-intensity activity is brisk walking. You can spread these sessions out over the week and even do short, 10-minute spurts of activity 3 times a day on 5 or more days a week.

TIP: Find ways to build short bursts of physical activity into your day. While at work, take a 10-minute walking break or have a "walking," rather than a "sitting" meeting, if work and schedule permit. Use stairs instead of an elevator or escalator. Get off the bus one stop early. Meet a friend for a walk, instead of a meal.

https://portal.allonehealth.com/home

HAPPY BIRTHDAY

Your birthday is a special time to celebrate the gift of 'you' to the world. May your days be filled with all the good things life has to offer . . . health and happiness, dreams fulfilled and a lifetime of adventure. May God bless you.

September

Bill H.-Sept 3rd
Darren W- Sept 6th
Donna E.-Sept 7th
Jerry L.-Sept 7th
Betty M.-Sept 12th
Harold S.-Sept 19th
Jon M.-Sept 21st
Wilbur W.-Sept 23rd
Dean N.-Sept 26th
Shirley S.-Sept 29th

Health Corner

Spilling the Beans on Coffee and Caffeine

Ah, coffee, it's hard to imagine a day without it. The caffeine perks you up, it's soothing and it smells great; but is drinking coffee good for you? Coffee is not recommended during pregnancy. Some people can become jittery or anxious after drinking coffee and it may raise blood pressure. Consuming coffee late in the day can interfere with a good night's sleep. Too much coffee can cause dehydration, so experts recommend no more than four cups a day. The good news is - coffee is full of good things like antioxidants, vitamins, and minerals. Coffee consumption has been linked with reduced cardiovascular disease, cancer, metabolic disease, Parkinson's and Alzheimer's disease. Caffeine may be the first thing that comes to mind when you think about coffee, but it's antioxidant, anti-inflammatory, and anti-cancer properties come from a mixture of more than 1,000 bioactive compounds that are still not fully understood. When enjoying a cup of Joe, beware of added sugar, syrups, and creams that increase your calorie and fat consumption. Overall, if you already enjoy having some coffee there are not many reasons for you to stop now!

Sources: https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-reasons-why-the-right-amount-of-coffee-is-good-for-you https://www.todaysdietitian.com/newarchives/0318p20.shtml https://health.clevelandclinic.org/the-health-benefits-of-coffee/







Husker Football is upon us! “There is no place like Nebraska”! Enjoyed food, fun and friends!





Members and staff enjoyed Echos of The Prairie performed by the Circle Theater.

Let's meet the team!

New employees from September 2026.



Amity Palmer
SCT

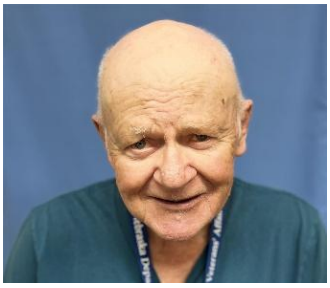


Lori Lamansky
FSW

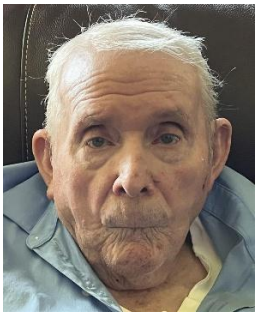


Amy Sanchez
Housekeeping

Please Welcome Our New Members to WNVH



Raymond L.



Erwin S.

Member voted teammate of the month.



Cindy Rogers
Canteen

HAPPY BIRTHDAY U.S. NAVY!



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