CAROLINA NEPHROLOGY, PA
Excellence in Kidney Care

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Walking
The Optimal Activity for those with Kidney Disease

Movement is critical to staying healthy, especially during a recent time of self-quarantine with COVID-19. One of the easiest ways to move is to simply incorporate walking into your daily routine. Just to name a few of the benefits, walking for 30 minutes a day can improve your blood circulation, sleep habits, stress levels and energy levels. With 24 hours in the day, we all have time to carve out this minimal amount of time to maximize our health. Below are a few tips on how you can make walking a priority in your everyday life.

Add in those Extra Steps

Whether it is parking at the back of the grocery store parking lot or walking to your mailbox, there are plenty of small ways to add exercise into your daily tasks. Set a reminder on your phone or computer to get up and move every hour. It can be as simple as walking around the perimeter of your house, just to get your blood flowing. By choosing to walk, you are alleviating some of the pressure that is placed on your heart and reducing the risk of cardiovascular issues.

Take Advantage of the Spring Weather

Spring is the perfect time for walking! Find a walking buddy to hold you accountable and schedule walks on a regular basis with them. This is a great way to catch up with one another, while moving your body. Also, getting outdoors is key to maintaining your Vitamin D levels and can improve your mental health. According to the National Kidney Foundation, walk-

ing for 30 minutes, 3 times a week is as effective at improving your mood as taking anti-depressants

Manage Your Fluid Intake

There is a fine line between staying hydrated and consuming too many fluids. It is critical for dialysis patients to stay within their prescribed fluid limits, so be sure to consult your physician about how to remain hydrated prior to changing your routine. Try to avoid sports drinks such as Gatorade or Powerade. Many of these brands have added potassium and phosphorous to their ingredients, which is something that kidney disease patients need to limit or avoid when possible. There are plenty of sparkling and flavored water options that you can enjoy, just make sure to run it by your doctor before consumption.

Reap the Benefits of Movement

Walking is a low-impact, easily accessible and free exercise option that almost anyone can participate in. It is proven that moving your body can reduce inflammation and boost immunity. Reducing the risk of Heart Disease and Type 2 Diabetes are two of the major benefits of walking. Other proven benefits include sharper memory, improved mood, boosted energy levels and restful sleep. As you can see, walking can have a lasting positive effect on your overall health in many different ways!

Get some fresh air and enjoy the beautiful weather!

The Upstate has a number of public walking and hiking trails that you can take advantage of this Spring:

- Swamp Rabbit Trail
- Lake Conestee Nature Preserve
- Falls Park
- Paris Mountain State Park
- Table Rock
- Caesar's Head

STAFF SPOTLIGHT

Lori Huan

Introducing this month's staff spotlight, Lori Huang! Lori is a dietitian that provides nutrition education for renal patients. She graduated with a Bachelor of Science degree in Family and Consumer Science, Dietetics from The University of Georgia in 1999. After graduation, she completed her didactic training through SC DHEC in 2000. She then worked at Richland Memorial Hospital in Columbia, SC in 2001 where she covered different floors in the hospital, including the renal floor. When she moved to Greenville in 2004, she started working at an outpatient dialysis clinic. Through this experience, her desire to provide renal nutrition education in patients with kidney failure, but not on dialysis became her passion. This past March, Lori began working at Carolina Nephrology where she sees patients with chronic kidney disease. She is so thankful for the opportunity to be a part of this cohesive team, helping slow down the progression of kidney disease through nutrition. Outside of work, Lori and her husband stay busy with their 2 children, 2 dogs and 1 cat. She enjoys spending time exploring Greenville with her friends and family, along with walking and riding bikes to stay active!

Thanks for all you do, Lori!

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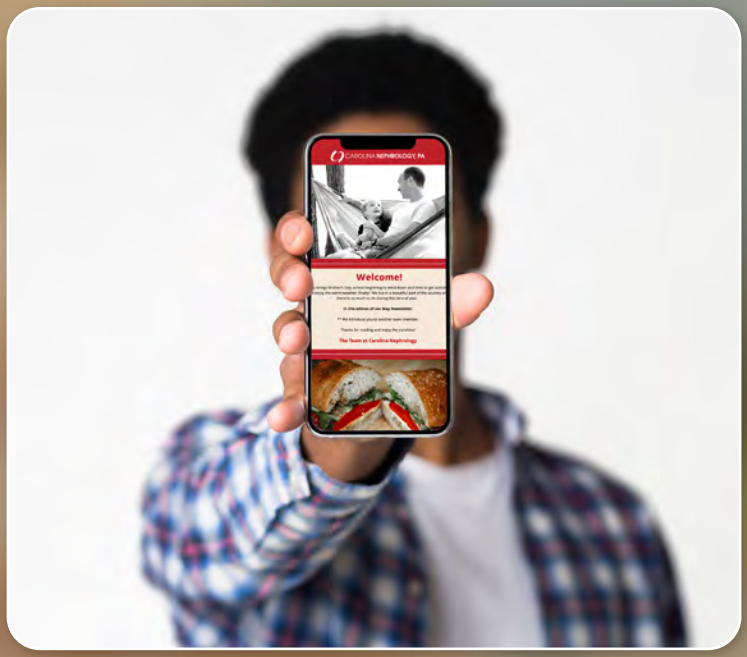

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CUMIN-SPICED CHICKEN, PEACH + AVOCADO SALAD

***This recipe contains a large amount of potassium. To make this a medium potassium dish, use 2 additional cups of butter lettuce instead of spinach, omit avocado, and substitute roasted red peppers for tomatoes.**

Ingredients:

- 2 boneless, skinless chicken breast halves
- 1 tablespoon avocado oil
- ½ teaspoon cumin
- ¼ teaspoon ground coriander
- Pinch of kosher salt
- ¼ teaspoon black pepper
- 2 cups butter lettuce, chopped
- 2 cup spinach, sliced into ribbons
- 1 cup grape tomatoes, halved lengthwise
- 1 radish, thinly sliced
- 2 ripe peaches, pitted and sliced
- 1 tablespoons cilantro, chopped
- 1 large avocado

Ingredients for dressing:
(makes extra)

- 3 tablespoons lemon juice
- 1 tablespoon red wine vinegar
- 1 small shallot, diced
- 1 tablespoon Dijon mustard
- ½ cup extra virgin olive oil

Directions:

1. Cut the chicken into bite-sized cubes.
2. Heat the avocado oil in a skillet over medium-high heat.
3. Season the chicken with cumin, coriander, salt, and black pepper. Toss to coat.
4. Sauté the chicken for 5-7 minutes or until the juices run clear. Remove from the heat and set aside.
5. Halve and pit the avocado. Remove the flesh and cut into thick slices
6. In a separate bowl, combine the lemon juice, red wine vinegar and shallot. Let stand for 10 minutes.
7. Slowly whisk the olive oil and Dijon mustard into the lemon juice mixture
8. Add the lettuce, spinach, cooked chicken, sliced tomatoes, radish, and peaches to a salad bowl. Add 2 tablespoons of the dressing and toss to combine.
9. Divide among two salad bowls or plates.
10. Add the avocado and cilantro on top and drizzle with a little extra dressing

Be sure to use #ChangeYourBuds on social media!

Nutrition Profile:

Recipe Yields 2 Servings

Serving Size: 1 Serving

Calories (kcal)	476
Protein (g)	32
Carbohydrates (g)	27
Total Dietary Fiber (g)	9
Total Sugars (g)	16
Added Sugar (g)	0
Fat (g)	29
Saturated Fat (g)	4
Cholesterol (mg)	99
Calcium (mg)	79
Magnesium (mg)	95
Phosphorus (mg)	310
Potassium (mg)	1323*
Sodium (mg)	103**

***High Potassium ** Low Sodium**

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