CAROLINA NEPHROLOGY, PA
Excellence in Kidney Care

Volume 7 | Issue 1 | March 2022

IN THIS ISSUE

I. The Benefits of 30 Minutes of Daily Movement for Those with Kidney Disease

II. Staff Spotlight

III. Chicken Farro Bowl

The Benefits of 30 Minutes of Daily Movement for Those with Kidney Disease

As we enter the New Year, many people have big plans for their New Year's resolutions. As most resolutions center around health and wellness, daily exercise is a common goal for many Americans. Those with kidney disease can see resolutions such as daily exercise as too daunting and exhausting, however, exercise does not have mean physically intensive workouts. Simple daily movements can provide wonderful benefits to those with kidney disease. Low impact activities such as walking, gardening, swimming, dancing, and daily chores can get the body moving and improve overall health. Daily exercise can help reduce many of the health risks and issues usually associated with kidney disease. Below is a list of the benefits 30 minutes of daily movement can provide those battling kidney disease.

Benefit #1: Improves Muscle Function

Daily movement improves blood flow to muscles and helps to strengthen and build muscles. Strong muscles help the body protect against bone injury and even arthritis in the joints. Additionally, stronger muscles help with coordination and balance. Your body will get stronger by the day!

Benefit #2: Lowers Cholesterol and Blood Pressure

Physical activity helps to manage your blood pressure and cholesterol, while also making your heart more efficient which improves your blood vessels healthiness. Lowering cholesterol and blood pressure help reduce risk of heart disease, heart attacks and strokes.

Benefit #3: Supports Healthy Body Weight

Exercise help maintain a healthy body weight by burning calories, decreasing body fat, strengthening muscles, and improving endurance. It boosts a person's metabolism and even increasing energy levels by delivering oxygen and nutrients throughout the body.

Benefit #4: Improves Sleep

Daily physical activity can help improve quality of sleep, length of sleep and even sleep drive, which is your body's want or need for sleep. Better sleep

means more energy throughout the day, thus encouraging a cycle of healthy movement and restful sleep!

Benefit #5: Supports Heart Health
Exercise reduces risk of heart disease and atrial fibrillation. Additionally, lower blood pressure and cholesterol also improves overall heart health. The benefits of small amounts of daily movement to your heart are immense!

Benefit #6: Reduces and Helps Prevent Chronic Inflammation
Chronic inflammation can eventually start damaging healthy organs, cells, and tissues. Daily physical activity has been proven to reduce fat mass and adipose tissue inflammation, which contributes to systemic inflammation in the body.

Benefit #7: Reduces Stress, Anxiety, and Depression
Exercise increases endorphins in the body, which interact with receptors in the brain that trigger positive feelings. Endorphins actually reduce pain perception and help you feel more relaxed, revitalized, and simply, happier. While battling kidney disease can at times feel daunting or lonely, exercise can help your body and mind to naturally feel more encouraged, joyful, and less anxious.

Daily exercise has so many amazing benefits to the human body and is wonderful start on the path to a healthier life. Everyone can benefit from adding exercise into their daily routine. Those with kidney disease may need to prioritize low impact exercises and show consult their doctor for advice. However, even daily chores can get the body moving and work to improve health. Try beginning with activities such as walking, gardening, and dancing. You can even invite a friend or loved one to join you. Just 30 minutes a day of movement can improve your body's health. Establish a new exercise routine this year and watch your body receive the great benefits daily activity has to offer!

Article References:

www.jrnjournal.org/article/S1051-2276(14)00144-7/fulltext
www.ncbi.nlm.nih.gov/books/NBK493173/
www.webmd.com/depression/guide/exercise-depression
myhealth.alberta.ca/Alberta/Pages/Exercise-and-chronic-kidney-disease.aspx
www.kidney.org/blog/kidney-cars/exercising-and-kidney-disease
www.sleep.org/exercise-affects-sleep/
www.eehealth.org/blog/2018/05/how-your-heart-benefits-from-exercise
www.kidney.org/atoz/content/stayfit

STAFF SPOTLIGHT

Welcome Amanda Dill

Amanda is a graduate of the Conemaugh School of Nursing in Johnstown, PA. She continued her education at Chamberlain College of Nursing in Downers Grove, IL where she received a Bachelor of Science in Nursing. Last year, she completed a Master of Science in Nursing degree which is focused on the Adult Gerontology Acute Care Nurse Practitioner program.

Prior to joining Carolina Nephrology, Amanda most recently served as an Acute Hemodialysis Nurse at DCI Dialysis with Prisma Health System. Before this position, she served as an ICU/CCU Clinical Coordinator at Bon Secours St. Francis Hospital. She is certified as a Registered Nurse, Critical Care Registered Nurse in Advanced Cardiovascular Life Support, Pediatric Advanced Life Support, as well as Basic Life Support.

"I am looking forward to furthering my career with Carolina Nephrology as a physician extender," said Amanda Dill, Nurse Practitioner at Carolina Nephrology. "My extensive nursing background has prepared me to treat and care for those with kidney disease with compassion and great attention to detail."

Chicken Farro Bowl

Ingredients:

- 1 pound boneless skinless chicken breast, cut into cubes
- 1 tablespoon olive oil
- 4 ounces baby kale or spinach
- 1 ½ cups cooked farro
- 12 cherry tomatoes halved
- 1 medium carrot grated
- ½ cucumber sliced
- 2 scallions sliced
- ¼ cup crumbled feta cheese
- 2 tablespoons paprika
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon black pepper
- 1 tablespoon dried thyme
- 1 teaspoon dried oregano
- 1 clove of garlic pressed
- 1/4 cup red wine vinegar
- 1/2 cup extra virgin olive oil
- ¼ cup Red Wine Vinaigrette
- 1 ½ teaspoons No Sodium All-Purpose Seasoning

Connect with The Cooking Doc®

@TheCookingDoc
TheCookingDoc
CarolinaNephrologyTV
@TheCookingDoc
www.TheCookingDoc.co

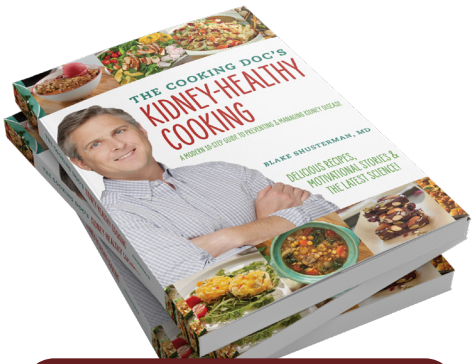
Ingredients (cont.):

NO SODIUM, ALL-PURPOSE SEASONING

- 2 tablespoon of paprika
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon black pepper
- 1 tablespoon dried thyme
- Mix together

RED WINE VINAIGRETTE

- 1 teaspoon dried oregano
- 1 clove of garlic, pressed
- 1/4 cup red wine vinegar
- 1/2 cup extra virgin olive oil
- Whisk together the oregano, garlic, and vinegar. Gradually whisk in the olive oil until combined. Season with pepper.



Get your copy today!
Visit TheCookingDoc.co

Directions:

1. Place the chicken in a medium bowl and toss with the No sodium, all-purpose seasoning to coat.
2. Heat the oil in a medium sauté pan over medium high heat. Sauté the chicken until cooked through, about 5 minutes.
3. Add the cabbage and sauté until just wilted, 1 minute.
4. Divide the farro between 4 serving bowls. Top each bowl with ¼ of the chicken-cabbage mixture, tomatoes, carrots, cucumbers, scallions and feta.
5. Drizzle each bowl with a tablespoon of the homemade Red Wine Vinaigrette.

Recipe Yields 4 Servings
Serving Size: 1 Serving

Calories (kcal)	477
Protein (g)	36
Carbohydrates (g)	38
Total Sugars (g)	3
Fat (g)	18
Fiber (g)	5
Saturated Fat (g)	4
Cholesterol (mg)	81
Calcium (mg)	157
Magnesium (mg)	50
Phosphorus (mg)	274
Potassium (mg)	763
Sodium (mg)	197