



Newsletter



Saturday, April 4, 2009

MAKE PRIMETIME A LITTLE HEALTHIER

When people are asked why they don't exercise, the reason most frequently cited is lack of time. And yet the average person watches 4-1/2 hours of TV per day. Consider this: A 30-minute sitcom is comprised of 20 minutes of programming and 10 minutes of commercials. The commercial breaks are a great time to squeeze in a little exercise. During the 1st commercial break, target the lower body with squats and lunges. During the second, firm up the abdominals with the basic crunch. And during the third, strengthen the upper body with some push-ups. Complete 15 to 20 repetitions of each exercise in a slow and controlled manner.

HEALTH TIP

Drinking some alcohol every day can be good for heart health, but we know even just an extra couple of nips can raise the risk of heart disease, diabetes, and stroke. So how much is just right? Exactly one drink per day for women and two per day for men. One drink means 13 to 15 g of alcohol – a 12-ounce bottle of beer, a 5-ounce glass of wine, or a shot glass of 80-proof liquor.

SNORE NO MORE

Snoring is more than just a nuisance – it disrupts the sleep habits and lives of 90 million American adults and their partners. Here is one tip: consider losing a few pounds. The heavier you get, the more suction is needed to inhale, which causes the swelling and vibration in the back of the throat, uvula, and palate. Alcohol also relaxes muscles in these areas, making snoring even worse.

WEIGHT LOSS SECRETS

Researchers predict that 75% of US adults will be overweight by 2015. The good news: This trend is reversible. Data from the National Weight Control Registry tells us that successful “losers” share four common behaviors: 90% exercise, on average, about 1 hour per day; 78% eat breakfast every day; 75% weigh themselves at least once a week; 62% watch less than 10 hours of TV per week.

CALORIE FACT

The worst breakfast selection at Chick-Fil-A is the “Sausage Biscuit.” It has 590 calories and 41 g of fat. Instead, try the Chick-n-Minis (3), which have 260 calories and 10 g fat.

MILES FOR SMILES

The farther you walk, the better your mood, suggests a recent study. Researchers tracked women who walked either 30 minutes or 60 minutes 3 days a week for 6 months. Those who trekked the longest reported feeling four times more positive about their bodies and their abilities to get through the day, than those who went half as far. Although any amount of exercise can perk you up, try to schedule a 60-minute workout at least once a week.

HEALTH FACT

40% of those who say they are trying to lose weight are not making an effort to reduce the calories they consume.

DID YOU KNOW?

For every extra 10 lbs. you are carrying, it adds an extra 70 lbs. of pressure to your knees.

FOOD FACT

One cup of chopped raw carrots contains just 52 calories and a mere 12 g of carbohydrates.

HEALTHY RECIPE

Potato Spears

- *1-1/2 lb. sweet potatoes cut into spears
- *1-1/2 lb. baking potatoes cut into spears
- *1/2 cup Light Zesty Italian Dressing
- *1/4 cup Grated Parmesan Cheese
- *2 Tbsp. chopped fresh parsley

Heat oven to 375 degrees. Toss potatoes with dressing. Place on lightly greased baking sheet or 15x10x1-inch baking pan. Bake 30 min. Turn potatoes. Bake an additional 30 min., sprinkling with cheese during the last 5 min. Sprinkle with parsley. Makes 8 servings. *Each serving has 170 calories, 3 g fat and 5 g fiber.*