



Newsletter



Friday, April 17, 2009

EXERCISE FACT

Not only does exercise improve your body, it helps your mental function. Exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity. All that makes for a more productive day. It is clear that those who are active and who exercise are much more productive at work. Improved productivity not only makes you a better worker, it makes things better for everyone in the workplace.

CHOLESTEROL TIP

There are two types of cholesterol: LDL cholesterol and HDL cholesterol. LDL is also called "bad cholesterol" -- think of the "L" as standing for lousy. LDL cholesterol can clog your arteries, increasing the risk of heart attack and stroke. Most people should aim for a level of less than 100 mg/dL. However, people who already have heart disease may need to aim for under 70 mg/dL. HDL is "good cholesterol." Imagine the "H" stands for healthy. This type of cholesterol attaches to bad cholesterol and brings it to the liver, where it's filtered out of the body. So HDL cholesterol reduces the amount of bad cholesterol in your system. You should aim for 60 mg/dL or higher.

FAT BURNING STRATEGY

If you're trying to banish flab, weight training three times a week for a half hour each session -- if you're a beginner -- is ideal. Once your flab is under control, two weight training sessions a week usually will help you maintain tone. It's important to work the full body, rather than focus only on, say, triceps work for flabby upper arms. A full workout works all the major muscle groups, not just the flabby ones. To maximize the fat burning during weight training, women should aim for 12 to 15 repetitions per exercise, and focus on a higher number of reps rather than constantly boosting the weight. Men should aim for eight to 12 reps and increase the weight periodically.

NUTRITION TIP

Popcorn is a great snack because you get a lot of volume and fiber (which makes you feel full), and it's a whole grain, so it's healthier than a snack like pretzels. What's more, the low-fat microwave kind is easy to prepare and low in calories. These days you can buy single-serve popcorn, which means you can eat a whole bag without feeling guilty! *Recommended serving size:* 1 single-serve package, low-fat microwave popcorn - *Calories:* 100.

HEALTH FACT

The World Health Organization estimates that almost 20% of all strokes and over 50% of all heart attacks can be linked to high cholesterol.

EXERCISE TIP

Aerobic exercise may not build big muscles, but it can rev up your metabolism in the hours after a workout. The key is to push yourself. High-intensity exercise delivers a bigger, longer increase in resting metabolic rate than low or moderate workouts. To get the benefits, try a more intense class at the gym or include short bursts of jogging during your regular walk.

OMEGA-3 BENEFITS

According to a number of studies, omega-3 fatty acids from fish oil can lower blood pressure. Fish oil can also cut triglyceride levels by 20% to 50%.

HEALTHY RECIPE

Healthy Stir-Fry

- *1 lb. pork tenderloin, cut into thin slices
- *1 cup sliced carrots
- *1/2 cup Asian Toasted Sesame Dressing
- *1/3 cup Barbecue Sauce
- *1 cup snow peas
- *1/4 cup chopped Cocktail Peanuts

Heat large nonstick skillet sprayed with Pam. Add pork and carrots; cook 5 min. stirring occasionally. Stir in dressing and barbecue sauce; stir-fry 5 min. on medium heat or until carrots are crisp-tender. Add snow peas; cook 2 min. Top with peanuts. Makes 4 servings. *Each serving has 330 calories, 15 g fat and 3 g fiber.*