



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

Adults need at least 250 minutes per week -- equal to 50 minutes of exercise five days a week -- to lose significant weight, according to the latest recommendations from the American College of Sports Medicine (ACSM). If you are trying to maintain your weight rather than lose, you may still be OK with the 30-minute workouts. The ACSM recommends that adults participate in at least 150 minutes per week of moderate-intensity physical activity to prevent significant weight gain. Overweight and obese adults, however, are more likely to reach their goals with at least 250 minutes.

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.

HEALTH TIP

Start each morning with at least 8-16 ounces of water to hydrate as soon as you begin the day -- before having a caffeinated beverage or juice.

CALORIE FACT

A regular size Java Chiller (Caramel) drink at Sonic has 538 calories and 18.4 g fat.

HEALTHY RECIPE

Yummy Appetizer Crescents

- *1 tub (8 oz.) Philadelphia Chive & Onion Light Cream Cheese Spread
- *3 slices bacon, cooked, crumbled
- *2 cans (8 oz. each) reduced fat refrigerated crescent dinner rolls

Preheat oven to 375 degrees. Mix cream cheese spread and bacon in small bowl until well blended. Separate each can of dough into 8 triangles each. Cut each triangle in half lengthwise. Spread each dough triangle with 1 generous tsp. cream cheese mixture. Roll up, starting at shortest side of triangle and rolling to opposite point. Place, point sides down, on ungreased baking sheet. Bake 12 to 15 min. or until golden brown. Serve warm. Make 16 servings, 2 crescents each. Each serving has 140 calories and 7 g fat.