



Newsletter



Friday, May 1, 2009

WHEN YOU QUIT USING TOBACCO . . .

Within 20 minutes of the last use of nicotine from tobacco: Blood pressure drops to normal, Pulse rate drops to normal, Body temp of hands and feet increase to normal. Within 8 hours: Carbon monoxide level in blood drops to normal, Oxygen level in blood increases to normal. Within 24 hours: Chances of heart attack decreases, Chances of bleeding ulcer decreases. Within 48 hours: Nerve endings start to regrow, Ability to smell and taste improves, You smell better and skin color improves. Within 48-72 hours: Nicotine leaves the system.

FLU PREVENTION TIPS

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health: 1). Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. 2). Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. 3). Avoid touching your eyes, nose or mouth. Germs spread this way. 4). Try to avoid close contact with sick people. 5). If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

NUTRITION TIP

Pick “slippery” salad dressings such as oil and vinegar or reduced-fat vinaigrette. They coat your salad more easily than thick ones like blue cheese or Thousand Island, so you can use less.

DID YOU KNOW?

Chili beans are healthy carbohydrates and a great source of fiber! A large bowl of chili gives you 8 grams of dietary fiber, 22 grams of protein, 25% of your daily recommendation for vitamin A and iron, and 15% of your daily recommendation for calcium.

PEDOMETER “WALKING” TIP

The Cooper Institute for Aerobic Research has determined that by taking "10,000 Steps" per day (the equivalent of walking roughly five miles), you will meet the U.S. Surgeon Generals recommendations for physical activity. This translates to about 30 minutes of moderately intense physical activity daily. You will also improve your overall fitness, cardiovascular health and blood sugar control. A person who walks 10,000 steps a day will burn between 2,000 and 3,500 extra calories per week, which will result in achieving a vastly better health profile and longer lifespan.

FITNESS TIP

Create opportunities for activity, such as parking your car farther away, taking the stairs instead of the elevator, and doing sit-ups or jogging in place during television commercial breaks.

METABOLISM TIP

While your metabolic rate does get slower with age, the process is not completely inevitable. You can stop the decline by up to 80 percent with strength training and aerobic activity. Often times it is lean tissue mass that dictates how fast or slow your metabolism is: The more of it you have, the more calories you burn.

HEALTHY RECIPE

Spicy Fish Fillets (Makes 6 servings)

- *1/2 cup grated Parmesan cheese
- *1/2 cup finely crushed corn flakes
- *1/4 tsp. ground red pepper (cayenne)
- *6 flounder fillets (1-1/2 lb.)
- *1 egg, lightly beaten

Preheat oven to 450 degrees. Mix cheese, corn flake crumbs and pepper in shallow dish. Dip fish in egg, then in cheese mixture, turning to evenly coat both sides of each fish fillet. Place in greased shallow baking dish. Bake 5-10 min. or until fish flakes easily with fork. *Each serving has 190 calories and 5 g fat.*