



Friday, May 15, 2009

TOBACCO CESSATION TIPS

Quitting tobacco will involve a conscious effort to break habits and change your pattern of behavior. The following are ways to break some common tobacco-use habits.

- Avoid places where habits are used
- Get all tobacco out of the house
- Get rid of ashtrays and cigarette butts from the house and the car
- Clean carpet, rugs, car and winter clothing like sweaters and coats
- Don't hang with people who use tobacco
- Have a plan in place to use if you run into problems

BACK HEALTH

Posture's hidden benefit: Standing up straight does more than make you look slimmer. A recent issue of Mayo Clinic Health Source reports that poor posture can reduce muscle flexibility, leading to serious problems such as chronic back pain. Quick tip: When sitting keep thighs parallel to floor, shoulders back and head aligned with spine.

CALORIE FACT

A medium Blizzard (Chocolate Chip Cookie Dough) at Dairy Queen has 950 calories.

HEART HEALTH TIP

Eating fish a couple times a week will pump heart-healthy fish omega-3s into your diet. If the fish replaces a steak, you'll also be dramatically reducing the amount of saturated fat in the meal. The typical 8-ounce T-bone steak served at a restaurant has 635 calories, 17 grams saturated fat, and 140 mg of cholesterol – not including any fat added during cooking or as a garnish. The typical 4-ounce broiled salmon filet served at a restaurant has 206 calories, 9 grams fat, 1.4 grams saturated fat, 80 mg of cholesterol and 2.5 grams of omega-3s. Switching to fish trims 16 grams of saturated fat while adding 2.5 grams of omega-3s.

FITNESS TIP

Will performing sit-ups give me a flat stomach? People are always looking to target specific areas of their bodies with exercises, believing that zillions of sit-ups will lead to a picture-perfect, washboard stomach. Keep in mind that there is no such thing as spot reduction. Crunches and sit-ups can strengthen your abdominals, but they can't get rid of fat. Only regular exercise training— aerobic and strength—and a sensible diet can eliminate excess body fat.

NUTRITION TIP

Every sandwich made with 100% whole wheat bread instead of white bread, adds about 4 grams of fiber along with an assortment of vitamins, minerals, and phytochemicals.

WAIST MEASUREMENT

Evidence suggests that where you carry excess weight is more important than how much you lug around, and belly weight is the most dangerous. A waist that's more than 35 inches (for women) and 40 inches (for men) means too much belly fat – a risk factor for heart disease and diabetes. These individuals are also 70 – 80 % more likely to develop high blood pressure within 5-1/2 years compared to those with smaller waists. If you're in the danger zone, try to lose 5 to 10% of your body weight and engage in regular exercise.

HEALTHY RECIPE

Creamy Strawberry Shortcakes

- *2 Tbsp. of 1/3 less fat cream cheese
- *1 Tbsp. strawberry preserves
- *2 individual sponge cake shells
- *3/4 cup sliced strawberries (about 8 medium)
- *2 Tbsp. thawed Cool Whip Lite whipped topping

Combine cream cheese and preserves; spoon evenly over cake shells. Top with strawberries and whipped topping. Makes 2 servings. *Each serving has 190 calories, 5 g. fat, and 2 g. fiber*