



Newsletter



Friday, June 5, 2009

SMOKING CESSATION TIP

Regular activity offers a wealth of benefits for individuals who are attempting to kick a tobacco addiction. For starters, exercise helps you manage weight, stress, mood, anxiety, depression and blood lipids. Exercise in humans is known to trigger the release of dopamine, a brain chemical that has been associated with mood improvements and depression relief. In a recent study, the exercise component more than doubled the likelihood of not smoking after 12 months.

CALORIE FACT

Chili's Big Mouth Bites with French fries (four mini bacon cheeseburgers with fried onion strings): 2,350 calories, 38 g saturated fat, 3,940 mg of sodium.

SODIUM TIP

U.S. dietary guidelines call for healthy Americans to get less than 2,300 milligrams of sodium a day, about the amount in a teaspoon of table salt, to lower blood pressure and reduce risk of heart disease, stroke, heart failure, and kidney disease. But for the 70% of Americans who are middle-aged or older, African-American, or have high blood pressure, no more than 1,500 milligrams a day is recommended.

AMERICA'S FITTEST CITIES

Washington, D.C., tops the American College of Sports Medicine's new list of America's fittest cities. The list is based on the percentage of residents who smoke, are obese, get regular physical activity, eat at least five servings of fruits and vegetables per day, and have conditions such as diabetes and heart disease -- and on local resources, such as parks, farmers' markets, number of primary health care providers, and crime rates. Here are the top 10 cities ranked in top order: Washington, D.C., Minneapolis-St. Paul, Denver, Boston, San Francisco, Seattle, Portland, San Diego, Austin, Texas and Virginia Beach, Va.

HEALTH FACT

In the U.S., life expectancy for a baby born in 2007 is 78 years. Japan has the world's greatest life expectancy – 83 years.

HEALTH TIP

Do you really need that third cup of coffee? Anxiety is a common symptom of depression. And too much caffeine can make you nervous, jittery, or anxious. So cutting back on soda, coffee, tea, and chocolate can make a big difference in your mood. It can also help you sleep better at night.

EXERCISE TIP

The American Council on Exercise (ACE) recently surveyed 1,000 ACE-certified personal trainers about the best techniques to get fit. Their top three suggestions: Strength training. Even 20 minutes a day twice a week will help tone the entire body. Interval training. In its most basic form, interval training might involve walking for two minutes, running for two, and alternating this pattern throughout the duration of a workout. Increased cardio/aerobic exercise. Try accumulating 60 minutes or more a day of low- to moderate-intensity physical activity, such as walking, running, or dancing.

HEALTHY RECIPE

Awesome Acorn Squash

- *1 acorn squash (1-1/2 lb.), cut lengthwise in half, seeded
- *2 slices bacon
- *2 Tbsp. maple-flavored or pancake syrup
- *1 Tbsp. Balsamic Vinaigrette Dressing

Place squash cut-sides up, in microwaveable dish; cover with plastic wrap, turning back one corner to vent. Microwave on high 12 to 14 minutes or until squash is tender. Meanwhile, cook bacon 8 to 10 minutes or until crisp, turning occasionally; drain. Mix syrup and dressing; brush onto squash. Crumble bacon; sprinkle over squash. Makes 6 servings, 1/2 cup each. *Each serving has 60 calories, 1.5 g fat and 1 g fiber.*