



Newsletter



Friday, June 12, 2009

FITNESS TIP

The U.S. Surgeon General recommends at least 150 minutes of aerobic activity per week, which may sound daunting, but actually works out to a little over 20 minutes each day. The good news is that three 10-minute exercise sessions work just about as well as one 30-minute one, and can be much easier to fit into your schedule. People who exercise regularly "make it a habit." They haven't bought any more time during the day than anyone else. What they have done is prioritize it. We find time for things we value.

MOOD BOOSTING FOOD

Several recent studies have suggested that men and women have a lower risk of having symptoms of depression if they eat a lot of fish, particularly fatty fish like salmon, which is high in omega-3 fatty acids. Omega-3s from fish seem to have positive effects on clinically defined mood swings such as postpartum depression. Good sources of omega-3 fatty acids include: Herring, Rainbow trout, Salmon, Sardines and Tuna.

SUPER SUMMER FOODS

Tomatoes and bell peppers of all colors deliver large amounts of vitamins A and C. A medium tomato, for example, is low in carbohydrates and has only 35 calories but gives you 40% of the vitamin C and 20% of the vitamin A you need for the day.

HEALTHY COOKING TIP

In many bakery recipes, you can cut the fat ingredient (butter, margarine, shortening, or oil) in half. In other words, if a cake recipe calls for 1 cup of butter or margarine, you can usually use 1/2 cup instead. Remember to replace the missing fat with a similar amount of a moist but healthful ingredient (fat-free sour cream, orange juice, low-fat yogurt, applesauce, etc.) This change cuts both fat and calories, since each gram of fat translates into 9 calories as opposed to 4 calories per gram for protein or carbohydrate.

SMOKING CESSATION TIP

Remember that the secret to weight-control whether you smoke or not, is eating healthy food and becoming more active. Here are a few tips to avoid weight gain when you stop smoking: 1). Drink more fluids, especially water. 2). Eat high fiber foods like fresh vegetables, fruits, and grains. 3). Choose sensible snacks such as popcorn, seasoned rice cakes and unsweetened cereal. 4). Chew sugar-free gum or a toothpick as a nonfattening cigarette substitute.

STRETCH MORE, HURT LESS

Stretching improves circulation to the muscles and joints for everyone, including people with fibromyalgia. Daily stretching lubricates the joints and sends nutrients and oxygen to the muscles.

MOOD LIFTING TIP

For some people, exercise works as well or even better than antidepressants. And you don't have to run a marathon. Just take a walk with a friend. As time goes on, increase activity until you exercise on most days. You'll feel better physically, sleep better at night, and feel less depressed.

WEIGHT LOSS TIP

Beans help you feel full longer, which means they may work to curb your between-meal appetite. They also give you a big fiber and protein bang for a minimum of calories. One-half cup of pinto beans or kidney beans has around 8 grams fiber and 7 grams of protein, all for about 110 calories.

CALORIE FACT

The Baskin-Robbins Large York Peppermint Pattie Shake (32 oz.) has 2,210 calories and 103 g fat.

HEALTHY RECIPE

Easy Mashed Potatoes (Makes 8 servings)

- *1 cup Reduced Fat Sour Cream
- *1 Tbsp. prepared horseradish
- *4 cups hot prepared instant mashed potatoes

Add sour cream and horseradish to hot potatoes; mix well. Serve immediately. *Each serving has 170 calories, 10 g fat and 5 g fiber.*