



Saturday, July 31, 2009

## **METABOLISM TIP**

Many women avoid weight training because they're afraid of bulking up. But weight training is actually your number one key to calorie burn: The more muscle you have on your body, the faster your metabolism, the more calories you'll burn, and the slimmer and trimmer you'll look. That's because even when your muscles are at rest, they still require three times more energy than fat for tissue maintenance and rebuilding. The best way to boost your metabolic rate is through physical activity and strength training. Women naturally lose 15% of their muscle mass before age 50. For optimum calorie burn, try to get in at least 30 minutes of cardiovascular activity most days of the week and do strength training at least twice a week.

## **CALORIE FACTS**

The Volcano Burrito at Taco Bell has 800 calories and 42 g fat. The Crunchy Taco has 170 calories and 10 g fat and the Chicken Soft Taco has 200 calories and 8 g fat.

## **COMMON DIET MISTAKE**

Drinking too little water can be one of the simplest diet blunders to fix. Water is essential for burning calories. If you let yourself get dehydrated, your metabolism drags—and that means slower weight loss. Research suggests adults who drink eight or more glasses of water per day burn more calories than those who drink less. So try adding a glass of water to every meal and snack.

## **WEIGHT LOSS TIP**

If losing weight is your goal, you may want to start your meals with a green salad. Studies have shown that eating a low-calorie first course, like a green salad of 150 calories or less, enhances satiety (feelings of fullness) and reduces the total number of calories eaten during the meal. And "bigger is better" as long as the salad is bigger in volume, not in calories - which means more veggies and less dressing and other fatty add-ons.

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## **MAXED OUT MEXICAN**

An order of sour cream chicken enchilada's (including rice and beans) at a typical Mexican Food restaurant has 1,550 calories.

## **HEALTH TIP**

Thinking of food as fuel, how far would you need to walk based on the calorie content of the following fuels: 1 apple (1 mile), 1 slice of pizza (3 miles) and one snip of celery (10 feet).

## **FITNESS TIP**

If you walk an extra 15 minutes a day you will burn 80 extra calories per day, 28,000 more calories per year.

## **BETTER ME TOBACCO FREE FACT**

Smoking accounts for about one in five deaths from cardiovascular disease. Women who smoke are two to six times more likely to suffer a heart attack than those who don't. But if you quit, within one year your Coronary Heart Disease (CHD) risk plummets 50 percent; within 15 years your relative risk of dying from CHD approaches that of a lifetime nonsmoker.

## **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*