



Newsletter



Sunday, August 30, 2009

BETTER SLEEP TIP

For better-quality shut eye, express your anger before you head to bed. Researchers found that heart patients who stifle angry feelings are twice as likely to report poor sleep quality as those who share them. Both too little sleep and boiling emotions can elevate stress hormones, taking a toll on overall health. Many people are afraid to express anger to their partner or friends – start by stating how you feel instead of attacking or criticizing.

ADOPTING HEALTHY HABITS

In a recent study, people who received personalized weekly e-mails about nutritious snack ideas or making time for workouts adopted significantly healthier habits than those who didn't. Reap similar benefits by setting your own daily calendar messages. Examples: **11am** – Take a walk for 10 minutes; **3:30pm** – Eat an apple and peanut butter.

HEALTHY EYE TIP

Almost 25% of contact users never replace their lens cases, allowing bacteria to breed in the crevices and infect lenses and eyes. In fact, most serious contact-related infections can be traced back to a patient's case. Swap your case at least every 3 months, and take proper care between replacements. Rinse and clean thoroughly with solution after every use, then keep the case open and let it dry.

CALORIE FACT

The Chili Cheese Fries (medium) at Sonic Drive-In have 491 calories and 26.1 g fat.

BETTER ME TOBACCO FREE TIP

One reason people smoke is that nicotine helps them relax. Once you quit, you'll want to find other ways to cope with stress. Try getting regular exercise, schedule a massage, listen to relaxing music, or learn yoga or tai chi. If possible, avoid stressful situations during the first few weeks after you stop smoking.

NUTRITION TIP

What could be easier than eating air-popped popcorn as a snack? A study in the 2008 May issue of the *Journal of the American Dietetic Association* found that people who regularly ate popcorn averaged 2.5 servings of whole grains per day, while non-popcorn eaters got less than one serving.

KEEPING YOUR MIND SHARP

Simply by adding about seven to nine whole nuts to your daily diet may improve balance, coordination, and memory, finds new research in the *British Journal of Nutrition*. Scientists believe the polyphenols and other antioxidants in walnuts help strengthen neural connections and improve cognitive skills.

FITNESS TIP

Sports drinks may not be necessary for the average person who works out less than 1 hour a day. Most people can refuel with water, which will save you about \$156 annually if you exercise 3 times a week.

WEIGHT LOSS TIP

If you fail to plan, plan to fail. For successful weight loss, you need a strategy for your meals and snacks. Pack healthful snacks for the times of day that you know you are typically hungry and can easily stray from your eating plan.

HEALTHY RECIPE

Healthy Chicken Dijon

*2 Tbsp. Dijon Mustard

*1 Tbsp. water

*1/2 tsp. garlic powder

*1/4 tsp. Italian seasoning

*4 small boneless skinless chicken breast halves (1 pound)

Heat oven to 375 degrees. Mix mustard, water and seasonings. Place chicken in shallow pan; brush with mustard mixture. Bake 20 min. or until chicken is done. Makes 4 servings. *Each serving has 140 calories and 3.5 g fat.*

