



Live Healthy Challenge

March 24, 2010

IN THIS ISSUE

[Nutrition Tip of the Week](#)

[Fitness Tip of the Week](#)

[Recipe of the Week](#)

[Project Y](#)

[Did You Know](#)

Quote of the Week

"For every disciplined effort there is a multiple reward."

-Jim Rohn

For the past nine weeks, you have taken steps towards a healthier lifestyle. We talked earlier about goal setting and to set smaller goals that lead up to your overall, long-term goal. Once you've accomplished those goals, then what? Have you rewarded yourself?

Start a reward jar. Set goals each week and once you have accomplished them, put a specified amount of money into the jar. At the end of each month, go shopping and reward yourself. With spring here, treat yourself to new running clothes or a new pair of shoes. Maybe you want to pamper yourself with a massage. Whatever the case may be, reward yourself for the positive outcomes and accomplishments you have made. If you reach your end goal, buy something special for yourself to be reminded of your successes.

All of you deserve to be rewarded for all of your efforts throughout this challenge. Keep up the great work and continued success!

Change your choices. Change your life!

Yours in health-

Marci Strandberg
Live Healthy America Coordinator

75 Day Incentive

The 75 day milestone of the program is approaching! You must be completely up-to-date in recording for the April 2nd recording period in order to qualify for the 75 Day Incentive. You have until Sunday, April 4 at 11:59pm CST to enter your data for the April 2nd recording period. Participants that qualify will be entered into a random drawing to win prizes. Good luck!

Nutrition Tip of the Week

Healthy Heroes

If you think eating an orange is the best way to get vitamin C, you're wrong. Just because a food is famous for containing a certain nutrient doesn't mean it's the best

source of it. What is?

[Click here](#) to view the chart of nutrients.

Tip provided by *Fitness Magazine*.

Fitness Tip of the Week

Stability Ball Knee Tucks

Target Body Part: Abs, Legs - Calves and Shins

Step 1

Starting Position: Lie prone (on your stomach) over the top of a properly-inflated stability ball (one that compresses approximately 6" under your body weight) with both feet and hands on the floor, hip- and shoulder-width apart.



Step 2

Gently exhale, contract your abdominal/core muscles to stiffen your torso and slowly walk yourself forward, lifting your legs off the floor. Continue walking out until the fronts of your thighs or knees are resting on the top of the ball. Maintain a rigid torso aligned parallel with your legs. Retract and depress your scapulae (pull your shoulder back and down) as you reach your end position, with your arms fully extended and hands positioned directly under your shoulders. To help with stability, try to keep your legs straight and squeezed together. It helps to think about squeezing a quarter between your knees.

Step 3

Curling Phase: Exhale and slowly pull your knees towards your chest, rolling the ball forward as your knees tuck under your torso and your hips move upwards. Continue moving until your knees are positioned under your hips and your tibia (shinbone) lies over the top of the ball. Hold this position briefly.

Step 4

Lowering Phase: Inhale and push your knees away from your torso, returning your body to the starting position.

To see more pictures involving this workout [click here](#).

Tip provided by the ACE.

Recipe of the Week

Broccoli-Bacon Salad

Serves 6
Prep Time 20 min.
Total Time 20 min.

Nutrition Profile: Diabetes Appropriate, Healthy Weight, Heart Healthy, Low Calorie, Low Carb, Low Cholesterol, Low Sat Fat, Low Sodium



A picnic favorite, this salad combines broccoli, water chestnuts, cranberries and just a little bacon for delicious results. Our version has plenty of creaminess without all the fat. Make it once and it will become a regular on your backyard barbecue menu.

INGREDIENTS

1 clove garlic, minced
1/4 cup low-fat mayonnaise
1/4 cup reduced-fat sour cream
2 teaspoons cider vinegar
1 teaspoon sugar
4 cups finely chopped broccoli crowns, (see Tip)
1 8-ounce ca sliced water chestnuts, rinsed and chopped
3 slices cooked bacon, crumbled
3 tablespoon dried cranberries
Freshly ground pepper, to taste

COOKING DIRECTIONS

Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl. Add broccoli, water chestnuts, bacon, cranberries and pepper; stir to coat with the dressing.

MAKE AHEAD TIP

Cover and refrigerate for up to 1 day.

RECIPE TIPS

Tip: Most supermarkets sell broccoli crowns, which are the tops of the bunches, with the stalks cut off. Although crowns are more expensive than entire bunches, they are convenient and there is considerably less waste.

Recipe provided by EatingWell.com and the ACE. To view recipe [click here.](#)

Project "Y"

What inspires you? Why are you participating in the Live Healthy Challenge? Write on an 8.5" x 11" piece of paper "Y" you are doing this challenge. Hold the sign up in front of you that states "Y" you are participating in this program and have a teammate take your picture. Submit your picture to marci@livehealthyamerica.org.

We will draw for prizes for the most creative reasons "Y".



This week's winner: Sam Mills

"Y" I am working towards my goal of weight loss and activity for myself to try to be the best I can and be healthier and feel better. Also I have found happiness and a new life with my husband, and want to do all i can to have many great years with him, that means not only doing things for him but also myself and being good to both of us.

Sam wins a Live Healthy goody bag.

Did You Know...

Many common injuries are the result of limited flexibility and poor muscle strength. You can improve your health, increase your circulation, and build strength by incorporating light weight training into your fitness routine. Even proper stretching, warm up routines, and yoga classes can help to increase your physical capability and reduce your risk of injury.

~ Amy Khan, M.D., M.P.H. National Director of Concentra Wellness

Concentra[®]
treated right

SPONSORS

CHANGE YOUR CHOICES. CHANGE YOUR LIFE!



Richard O. Jacobson
FOUNDATION

