



Live Healthy Challenge

March 31, 2010

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Quote of the Week

"Everyone has a 'risk muscle.' You keep it in shape by trying new things. If you don't, it atrophies. Make a point of using it at least once a day."

- Roger Von Oech

Are you getting bored with the same old routine? Are you sick of eating carrots and celery every day? If you find yourself answering yes to these questions, it's time to mix things up and try new things!

Instead of going to the gym every day, work in a few outdoor activities like playing basketball, sand volleyball, or walking/biking your local trails with family or friends. It's great to have a routine to follow, but make sure not to burn yourself out.

Sick of eating the same thing day after day? There are so many different fruits, vegetables, and healthy foods out there to eat. The next time you go to the store pick up pears instead of apples or pineapple instead of bananas. Try something new! Visit the Live Healthy America [recipe center](#) or [Culinary.net](#) to view new recipe ideas to spice things up!

Change your choices. Change your life!

Yours in health-

Trista Humpal
Live Healthy America Coordinator

75 Day Incentive

The 75 day milestone of the program is approaching! Your entire team 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!

Culinary.net

Live Healthy America has teamed up with Culinary.net to provide you free resources to help you along your health journey throughout the 100 Day Wellness Challenge. Culinary.net is a free resource to help you stay on course for your 100 day wellness challenge. This site offers thousands of food articles and kitchen-tested recipes as well as how-to videos and money saving coupons.

Health Tip of the Week

Stay on course with your 100 day wellness challenge by using the free resources found at Culinary.net.



Culinary.net is a Web site for everyday people and it offers a variety of food articles, recipes, videos and coupons from American's top food brands and organizations:

- Find over 1,000 food related articles in 24 categories covering popular topics from [healthy eating](#) to quick & easy meals.
- Browse from a [large collection of recipes](#) including 28 recipe categories from appetizers to vegetarian. Each recipe has been kitchen-tested by Culinary.net's partners to ensure ease of preparation and great taste.
- Watch [how-to videos](#) and learn how easy it can be to make snacks, meals or party treats.
- Stay informed and sign up for one of two [weekly newsletters](#) to receive new articles and tasty recipes.
- Find hundreds of [online coupons](#) from national brands.

Recipe of the Week

To give you a taste of what is available on Culinary.net, here is a delicious and nutritious Turkey Burger recipe. This recipe takes 10 minutes to prep and 15 minutes to cook.



Turkey Burger

Ingredients:

- 4 tablespoons canola oil, divided
- 1/4 cup finely chopped red onion
- 1 apple, peeled, cored and finely diced
- 1/4 cup chopped green onion
- 1 clove garlic, finely diced
- 1 pound ground turkey
- 2 teaspoons Dijon mustard
- 1/3 cup peach chutney
- 1/2 cup dry bread crumbs
- Salt and pepper to taste

Preparation:

1. In medium-size fry pan, heat 2 tablespoons canola oil. Sauté red onion, apple, green onion and garlic for 3 to 5 minutes, over medium-low heat.

2. Place ground turkey in large mixing bowl. Add apple mixture, mustard, peach chutney, bread crumbs, salt and pepper. Form into burgers.
3. In large fry pan, heat remaining 2 tablespoons canola oil. Cook burgers over medium heat until juices run clear, approximately 15 minutes. Cooking time will depend on thickness of burgers. Turn once during cooking time. Serve on whole wheat roll with side of baked chips.

Serves

Yield 4 burgers

Nutritional Analysis (per burger):

Calories: 420

Total Fat: 26g

Cholesterol: 95mg

Protein: 23g

Carbohydrates: 25g

Sodium: 370mg

Visit Today:

Visit Culinary.net on your way to your 100 day wellness goal and each day thereafter.

Did You Know...

Getting enough sleep is just as important as nutrition and exercise in building a healthy lifestyle. People who don't get enough sleep increase their risk of obesity, diabetes, high blood pressure, heart disease and stroke. You can improve your sleep by exercising daily, limiting caffeine intake, and maintaining a regular schedule.



~ Amy Khan, M.D., M.P.H. National Director of [Concentra Wellness](#)

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: Team Quest



Team Quest (Quality, Education, Safety, Training): Y?

Lena Pate: To increase my level of physical activity, to decrease stress, to assist in weight loss and to achieve a healthier life style & to keep up with my dog Speckles!

Shirley Gildersleeve: Maintain Flexible Joints!

Paula Kelley: To add years to my life and quality to my years! If I keep swimming and outlive the competition, I might finally get my name in the records books!

Marcia Priest: For my grandkids and to become the 3 (H) - Happy, Healthy & Hot! 2010 My Year to Shine!

Veronica Andre: So I can eat chocolate and not feel guilty!

Joy Eckhardt: 30th Wedding Anniversary Trip!!

Estella Castillo: Feeling Youthful at 50+

Bette Messmer: Better Health!

Each participant on Team Quest wins a Smoothie Book.

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