



Live Healthy Challenge

April 7, 2010

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#### Quote of the Week

"I may not be there yet, but I'm closer than I was yesterday."

-Unknown Author

Deciding to live a healthy lifestyle takes dedication. Not only do you need to dedicate yourself to making the right choices, but you need to have the determination and desire to change. All of you have dedicated yourself to this challenge and decided to make changes in your life. All of these changes have positively impacted you and your loved ones.

It only takes 21 days to form a habit. All of you should now be in a routine where physical activity is a part of your everyday life. You no longer have to battle the idea of starting a new workout routine as it is now a habit.

You have all come a long ways on your wellness journey. Dedication can be hard in our busy lives. Show everyone it can be done and invite others to lead the healthy lifestyle you are demonstrating.

Change your choices. Change your life!

Yours in health-

Marci Strandberg  
Live Healthy America Coordinator

#### 75 Day Incentive

Teams that were completely up-to-date in recording for the April 2nd recording period qualified for the 75 Day Incentive. Teams had until Sunday, April 4th at 11:59pm CST to enter data for the April 2nd recording period. Eligible teams were entered into a random drawing to win a Live Healthy America Stress Ball for each of their team members. Congratulations to the winners!

[Click here](#) to view the winners!

#### Health Tip of the Week

##### **Reduce your risk of Type 2 Diabetes and Metabolic Syndrome**

Regular physical activity can reduce your risk of developing type 2 diabetes and metabolic syndrome. Metabolic syndrome is a condition in which you have some

combination of too much fat around the waist, high blood pressure, low HDL cholesterol, high triglycerides, or high blood sugar. Research shows that lower rates of these conditions are seen with 120 to 150 minutes (2 hours to 2 hours and 30 minutes) a week of at least moderate-intensity aerobic activity. And the more physical activity you do, the lower your risk will be.

Already have type 2 diabetes? Regular physical activity can help control your blood glucose levels. To find out more, visit [Diabetes and Me](#).

Tip provided by the CDC, to learn more [click here](#).

## **Fitness Tip of the Week**

### **Stability Ball Shoulder (Glute) Bridge**

**Target Body Part:** Abs, Back, Butt/Hips

#### **Step 1**

**Starting Position:** Lie supine (on your back) on a mat, placing the backs of your lower legs and heels on the top of a stability ball. Position your feet hip-width apart on the ball with your ankles slightly dorsiflexed (toes pointing towards the ceiling). Gently contract your



abdominal/core muscles to flatten your low back into the floor. Attempt to maintain this gentle muscle contraction throughout the exercise. Extend your arms out to your sides with palms turned to the floor to help stabilize your body during the exercise.

#### **Step 2**

**Upward Phase:** Gently exhale while holding your abdominal contraction and press your hips upwards off the floor into extension by contracting your glutes (butt muscles). At the same time press the backs of your lower legs and heels into the ball for additional stability. Avoid pushing your hips too high as this generally increases the amount of hyperextension (arching) in your low back. Maintaining your abdominal contraction helps avoid excessive arching in your low back. Continue to press upwards until your torso and legs are parallel with each other.

#### **Step 3**

**Lowering Phase:** Inhale and slowly lower yourself back towards your starting position.

#### **Step 4**

**Exercise Variation (1):** To further increase the balance challenge, move your feet closer together on the stability ball.

#### **Step 5**

**Exercise Variation (2):** To further increase the balance challenge, move your arms towards your side or place them on your chest to reduce your stabilizing points of contact with the floor.

#### **Step 6**

**Exercise Variation (3):** To further increase the balance challenge, raise one leg off the ball in the up position.

Avoid arching your lower back as you press your hips upward which normally occurs if you attempt to push your hips as high as possible. This can be achieved by

contracting your abdominal muscles prior to lifting, and keeping them engaged throughout the lift.

Tip provided by ACE, [click here](#) to learn more.

## Recipe of the Week

### Oven-Barbecued Pork Chops

Need a little summertime flavor? Try this swift recipe and enjoy a "barbecue" indoors. Make it a meal: Serve with coleslaw and cornbread.

#### Ingredients

1 1/2 pounds bone-in, 3/4-inch-thick pork rib chops, trimmed of fat  
1/4 teaspoon salt  
1/4 teaspoon freshly ground pepper  
3 teaspoons canola oil, divided  
1 medium onion, diced  
1 clove garlic, minced  
1/3 cup orange juice  
1/2 cup barbecue sauce, (see Tip)

#### Directions

**Step 1:** Preheat oven to 400°F.

**Step 2:** Sprinkle pork chops with salt and pepper. Heat 2 teaspoons oil in a large ovenproof skillet over high heat. Add the pork chops and cook until beginning to brown, 1 to 2 minutes per side. Transfer to a plate.

**Step 3:** Add the remaining 1 teaspoon oil to the pan. Add onion and cook, stirring, until softened, 3 to 4 minutes. Stir in garlic and cook, stirring, until fragrant, 30 seconds. Add orange juice and cook until most of the liquid has evaporated, 30 seconds to 1 minute. Stir in barbecue sauce. Return the pork chops to the pan, turning several times to coat with the sauce.

**Step 4:** Transfer the pan to the oven and bake until the pork chops are barely pink in the middle and an instant-read thermometer registers 145°F, 6 to 10 minutes. Serve the sauce over the pork chops.

**Tip:** Check the sodium content of your favorite barbecue sauce if you have sodium sensitivity-some can be quite high. This recipe was developed with Annie's Natural Hot Chipotle BBQ Sauce, which has only 240 mg sodium per 2-tablespoon serving.

#### Nutrition Info

Per serving  
Calories: 250  
Carbohydrates: 10g  
Fat: 11g  
Protein: 27g  
Dietary Fiber: 1g  
Saturated Fat: 3g  
Monounsaturated Fat: 5g  
Cholesterol: 69mg  
Potassium: 474mg



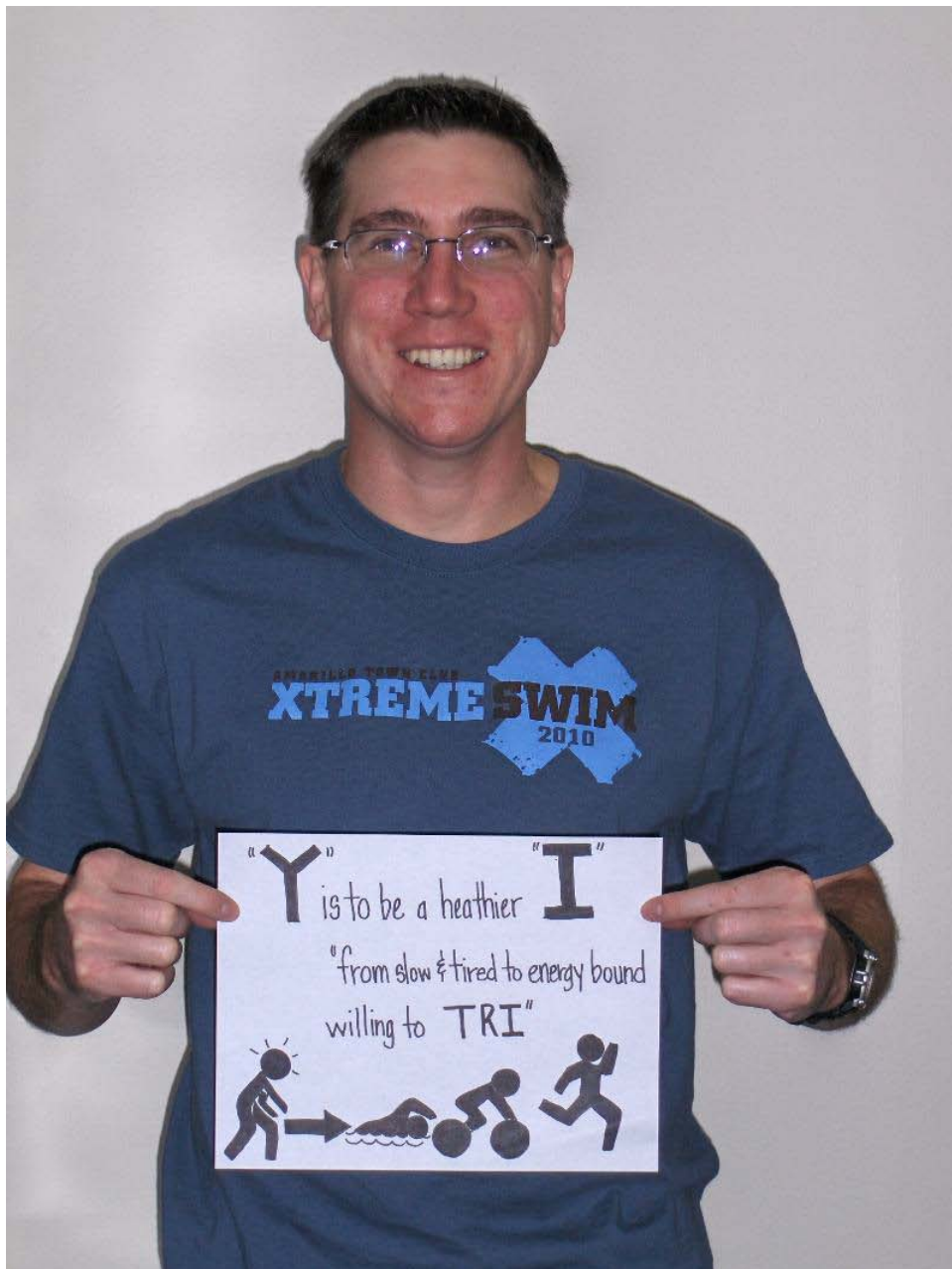
Sodium: 452mg  
Exchanges: 1/2 other carbohydrate, 3 1/2 lean meat  
Carbohydrate Servings: 1/2

Recipe provided by [eatingwell.com](http://eatingwell.com).

## 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](mailto:marci@livehealthyamerica.org). We will draw for prizes for the most creative reasons "Y".

This week's winner: Trever Wagner



"Y" is to be a healthier "I"  
"from slow & tired to energy bound  
willing to TRI"

Trever wins a Smoothie Book.

### Did You Know...

Snacking between meals can help boost your metabolism and maintain a healthy weight. By eating small, healthy snacks several times a day you can nourish your system and keep your metabolism operating at a high rate to burn stored fat. Some great healthy snacks include granola bars, mixed nuts, fresh fruit, and peanut butter on crackers.

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treated right

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

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