



Live Healthy Challenge

April 14, 2010

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Quote of the Week

"Success comes in cans;
failure in can'ts"

-Unknown

There are only **nine more days left** in the Live Healthy 100 Day Wellness Challenge! Congratulations on your successes thus far.

Have you figured out what works for you? What has helped make you successful on your wellness journey? Reaching success is not always easy, but believing in yourself and believing that you can will help you to achieve those goals to success.

Remember that the path you take on your wellness journey is up to you. One step at a time. You can change your choices to change your life!

Yours in health-

Trista Humpal
Live Healthy America Coordinator

Important Recording Information

The final days of the program are approaching. Participants will have until **Monday, April 26th at 11:59pm CST** to record their final information for the program. Remind your teammates to be completely up to date in recording by April 26th in order to enter your final results and qualify for the 100 Day Incentive!

Health Tip of the Week

Protein

What do you think about when you hear the word protein? Maybe it's an ad for some protein shake that promises massive muscles? Or is it the last high-protein diet craze you read about? With all this talk about protein, you might think Americans were at risk for not eating enough. In fact, most of us eat more protein than we need. Protein is in many foods that we eat on a regular basis.

This section will help you learn more about protein. You'll find information about what foods have protein and what happens when we eat more protein than we need.

What is protein?

What are the types of protein?
How much protein do I need?

To view the full article on protein, [click here](#).

Tip provided by *CDC.gov*.

Fitness Tip of the Week

Sit Back and Relax: Seated Back Stretches

Alleviate your back pain with back, neck, and shoulder stretches.

By the editors of FITNESS magazine

Stretching Exercises for Back Pain

Since you were in kindergarten, parents and teachers have admonished you to sit up straight. Now groundbreaking research suggests their advice may have been off base. A recent study of 22 healthy male and female subjects measures strain on the spine using an upright MRI machine. Subjects were scanned in three sitting positions (forward-leaning, 90 degrees, and 135 degrees), and the results were compared against the most comfortable vertebral position -- lying down.

According to lead investigator Waseem Bashir, a clinical fellow in the department of radiology and diagnostic imaging at University of Alberta Hospital in Canada, the forward-leaning and upright postures "reverse the natural curvature of the spine and put a lot of pressure on it." As a result, the internal spinal disks squeeze together and lose water, which could lead to long-term back problems. However, sitting at a reclined position caused disks to move the least, confirming that it's the best sitting posture for a healthy back.

If you can't ergonomically tweak your office chair, experts suggest stretching frequently. Try the exercises shown below from the Feldenkrais Institute of New York (feldenkraisinstitute.com).

To view the entire article on stretches for middle back, lower back and neck, and sides and shoulders [click here](#).

Recipe of the Week

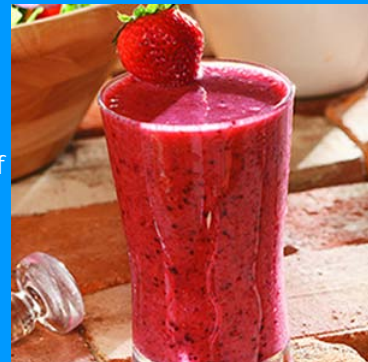
Berry Good for You Smoothie

Description

Smoothies are a great way to get a dose of fruit, fiber and good fats. This shake is loaded with antioxidants and full of flavor. Adding a little canola oil gives it omega-3 fats and vitamin E as well as a smoother taste.

Ingredients

1 medium banana
1/2 cup blueberries
1/2 cup strawberries
1/2 cup green tea, cooled
1/2 cup cranberry juice
4 ice cubes
2 tablespoons canola oil



Preparation

1. In blender, add banana, blueberries, strawberries, green tea, cranberry juice, ice cubes and canola oil.
2. Blend until combined. Serve immediately.

Serves

Yield: 2 cups

Notes, Tips & Suggestions

Tip: Use fresh or frozen fruit. Your favorite cold tea may be substituted for green tea.

Recipe provided by *Culinary.net*.

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: Gretchen Schawe



"Y: Because I refuse to submit gracefully to diabetes or alzheimers."

Gretchen wins a Smoothie Book.

Did You Know...

Back injuries are one of the most common injuries, resulting from poor posture and poor physical condition. Regular exercise is the best way to avoid problems with your back, and is the key to recovery from simple strains, aches, and pains. You can avoid a back injury by maintaining good balance and using leg muscles for support.

Concentra[®]
treated right

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

National Women's Health Week

Take the pledge for better health! Live Healthy America has joined forces with the Meredith Corporation and National Women's Health Week to encourage women everywhere to make a public pledge of bettering their health and the health of their families.

Log on to PledgeForBetterHealth.com to share your personal pledge toward healthier living. Your pledge will be instantly showcased on an interactive map, allowing you to read pledges from thousands of people around the country!

The Pledge for Better Health launched during the 2010 Winter Olympics and runs through National Women's Health Week, May 9-15, 2010. Please take a moment to make your pledge at www.PledgeForBetterHealth.com

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