



Live Healthy Challenge

April 21, 2010

IN THIS ISSUE

[Health Tip of the Week](#)

[Fitness Tip of the Week](#)

[Recipe of the Week](#)

[Project Y](#)

[Did You Know](#)

Quote of the Week

"You won't realize the distance you've walked until you take a look around and realize how far you've been."

You are part of a movement that has, in just 100 Days, lost over 260,000 pounds and logged over 147 million minutes of activity so far through challenges nationwide.

It seems like yesterday that we started this journey together to make simple changes in our everyday lives. We educated ourselves on how to eat better and activated ourselves towards a healthier lifestyle. YOU DID IT! It wasn't easy but over the course of the last 100 days, your commitment to help make a difference in your own health and wellness speaks to a larger goal that our culture as a whole (inside your team, your company or your community) is changing as well. Your success stories speak to a greater understanding of "Y" wellness, collaboration and leadership connects. You are simply our HEROES at Live Healthy America. HEROES of HEALTH.

If you assisted in bringing a Live Healthy program to your community! - YOU ARE A HERO!

If you were an administrator of a Live Healthy Corporate program! - YOU ARE A HERO!

If you were a team captain of a Live Healthy Team! - YOU ARE A HERO!

If you were a Live Healthy Participant! - YOU ARE A HERO!

Your work is not over! You are ambassadors of health now! Share your story with friends and co-workers; help inspire others to take steps toward a healthier lifestyle.

All of us at Live Healthy thank you for all your efforts and continued support! We want to hear from you! Send your success stories to info@livehealthyamerica.org and keep up the great work!

Yours in health-

Troy W. Vincent
Live Healthy America

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

Do I have to give up my favorite comfort food?

No! Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, fat or added sugars. The key is eating them only once in a while and balance them out with healthier foods and more physical activity.

Some general tips for comfort foods:

- Consume them less often. If you normally eat these foods every day, cut back to once a week or once a month. You'll be cutting your calories because you're not having the food as often.
- Eat smaller amounts. If your favorite higher calorie food is an afternoon chocolate bar, have a smaller size or only half a bar. Be careful! This technique works well for some people, but others may find it is too tempting to have their favorite food available, even in smaller amounts.
- Try a lower-calorie version. Use lower-calorie ingredients or prepare it differently. For example, if your macaroni and cheese recipe uses whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, light cream cheese, fresh spinach and tomatoes. Just remember to not increase your portion size. For more ideas on how to cut back on calories, see [Eat More Weigh Less](#).

The point is, you can figure out how to include almost any food in your healthy eating plan in a way that still helps you lose weight or maintain a healthy weight.

Being consistently healthy in your eating choices is the key. Making the same healthy eating choices over time can lead to better eating habits. By thinking more positively and focusing on what you can have, you'll help yourself establish healthy eating habits.

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

Fitness Tip of the Week

Supine Reverse Crunches

Target Body Part: Abs

Step 1

Starting Position: Lie in a supine (on your back) position on a mat with your knees bent, feet flat on the floor and arms spread out to your sides with your palms facing down. Gently exhale, stiffen your torso by contracting your abdominal/core muscles ("bracing") and slowly lift your feet off the floor, raising your knees directly above your hips while maintaining a 90 degree bend in the knees. Hold this position and breathe normally. Use your arms as a balance support.

Step 2

Upward Phase: Exhale, contract your abdominal, core and hip flexor muscles and slowly raise your hips off the mat, rolling your spine up as if trying to bring your knees towards your head (your hips and pelvis should move towards your rib cage). Avoid any change in the angle of your knees during the roll-up. Use your arms and hands to assist with maintaining your balance and continue to curl-up until your spine cannot roll any further. Hold this position briefly.



Step 3

Downward Phase: Gently inhale and lower your spine back towards the mat in a controlled fashion, moving your upper thighs backwards until they are positioned directly over your hips. Continue rolling out until your spine and pelvis (hips) contact the mat and your knees are positioned directly over your hips with a 90 degree bend with your lower leg.

Tip provided by the ACE, to view [click here](#).

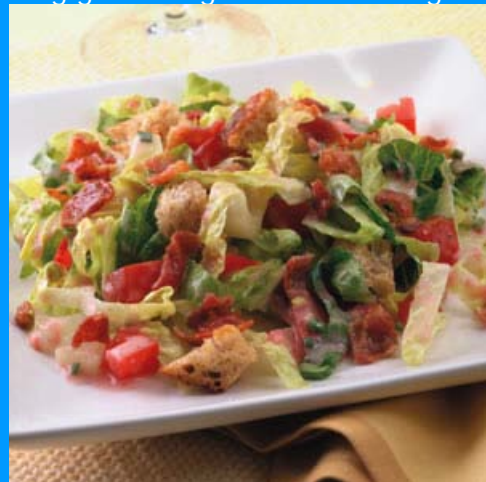
Recipe of the Week

BLT Salad

Here's a salad version of America's favorite sandwich. We use shredded tomato as a base for the creamy tomato-and-chive dressing-adding great tang and flavor along with extra vitamin C.

Ingredients:

1 cup cubed whole-wheat country bread
2 teaspoons extra-virgin olive oil
4 medium tomatoes, divided
3 tablespoon reduced-fat mayonnaise
2 tablespoon minced chives, or scallion greens
2 teaspoons distilled white vinegar
1/4 teaspoon garlic powder
Freshly ground pepper, to taste
5 cups chopped hearts of romaine lettuce
3 slices center-cut bacon, cooked and crumbled



Directions:

-Preheat oven to 350°F. Toss bread with oil and spread on a baking sheet. Bake, turning once, until golden brown, 15 to 20 minutes.

-Cut 1 tomato in half. Working over a large bowl, shred both halves using the large holes on a box grater. Discard the skin. Add mayonnaise, chives (or scallion greens), vinegar, garlic powder and pepper; whisk to combine.

-Chop the remaining 3 tomatoes. Add the tomatoes, romaine and croutons to the bowl with the dressing; toss to coat. Sprinkle with bacon.

NUTRITION INFO

Per serving

Calories: 151

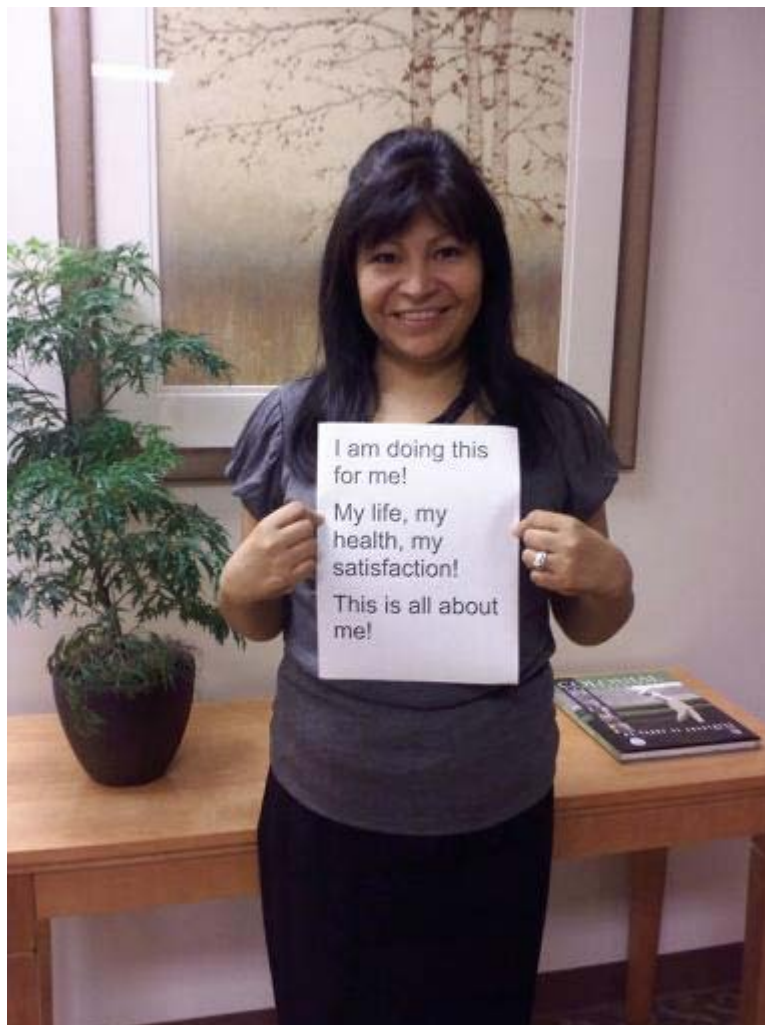
Carbohydrates: 20g
Fat: 6g
Protein: 5g
Dietary Fiber: 4g
Saturated Fat: 1g
Monounsaturated Fat: 3g
Cholesterol: 5mg
Potassium: 555mg
Sodium: 306mg
Exchanges: 1 starch, 1 vegetable, 1 fat
Carbohydrate Servings: 1

Recipe provided by *eatingwell.com*. [Click here](#) to view more.

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: Raquel Alafa



"I am doing this for me! My life, my health, my satisfaction! This is all about me!"

Raquel wins a Smoothie Book.

Did You Know...

Excess fat, especially around your waist, can put strain on your heart and lead to serious health problems. Your Body Mass Index (BMI) is calculated using your weight and height. Persons with a high BMI can develop Type 2 diabetes, heart disease, and other chronic conditions. You can lower your BMI by exercising regularly and eating a healthy diet.



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

SPONSORS

CHANGE YOUR CHOICES. CHANGE YOUR LIFE!



Richard O. Jacobson
FOUNDATION

