



100 Day Wellness Challenge

January 27, 2010

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Quote of the Week

"The more you lose yourself in something bigger than yourself, the more energy you will have."

-Norman Vincent Peale

What inspires you?

At Live Healthy America, our inspiration is YOU, the participants in the challenge. We have experienced a record number of registrations in the 2010 program! Live Healthy continues to gain momentum throughout the country to build citywide initiatives and assist amazing people like YOU in achieving a healthier lifestyle.

One of the most inspiring stories we have heard recently about *why* the Live Healthy program works for a particular group was that it creates a sense of *community*. Most of us spend our days texting or sitting in front of a computer, emailing with little or no interpersonal communication. Connecting with others that share our interest, passions and desire to change creates energy. What a difference ENERGY makes!

When people come together a community will form, energy will spread and "movement" will occur. The team-centric aspect of the Live Healthy program is a key component in inspiring results. This week, plan a team meeting during lunch or after work to discuss your team and personal goals. What inspires each of you and how can you support each other? Connecting with your team will give you something more to believe in than just yourself. Encourage each other to work harder to make a contribution to your team or community.

Change your choices, change your life!

Yours in health,

Troy W. Vincent
Director, Live Healthy America

Important Update

Website

Due to the overwhelming participation, Live Healthy America is in the process of updating the system to provide you an even better experience. If you find it difficult

to record on Friday, please visit the site again later or record your information over the weekend. Thank you for your patience as we upgrade our system.

T-shirt Changes/Adding Members

February 1st is the deadline for **changing T-shirt sizes** and **adding additional members** to your team. Any T-shirt changes **AFTER** Feb. 1st cannot be guaranteed. T-shirts will begin shipping February 2nd in the order of registration. Please allow 2-3 weeks for delivery. Team members added to the team **AFTER** the Feb. 1st deadline will be charged **\$7 shipping and handling** as their **T-shirt will be shipped in a separate box from the rest of their team.**

Nurtrition Tip of the Week

Low-Salt Cooking Solutions

*Cut sodium in the kitchen-without cutting flavor. We show you how.
By Marsha McCulloch, M.S., R.D.*

We've gathered low-sodium seasonings and cooking tips from nutrition experts and people following low-sodium diets.

We'll show you how to:

- Pick spice blends and salt substitutes
- Add flavor without salt
- Add tasty, low-sodium ingredients to recipes to keep your sodium intake in check

Buy Salt-Free Blends

Salt-free herb and spice blends add flavor without added sodium, but check the ingredient lists of store-bought blends for the sodium amounts. If you're still unsure what's in a seasoning, call the company's toll-free number or visit the company's Web site for more information.

Sodium-free spice blends to try:

- Mrs. Dash Seasoning Table Blend
- Lawry's Salt-Free 17 Seasoning
- Nantucket Off-Shore Garden Rub

To view the full article *by Better Homes and Gardens*, [click here](#).

Fitness Tip of the Week

Your Home Gym

Imagine a piece of exercise equipment that measures a couple thousand square feet in size, is available 24 hours a day, and comes complete with a comfortable couch and a refrigerator full of healthy snacks. If that sounds a lot like your home, it's because it is. By modifying the things you already do, you can turn your home into a fat-burning machine without eating up much of your increasingly rare spare time. And these techniques don't cost anything to implement. Here are six ways to get started.

1. Tube Toning (What it works: Stomach muscles)

What to do: As you watch TV, sit on the edge of the couch or armchair, brace yourself with your hands, and lift your legs straight out in front of you. Hold for a

count of 10. Do as many as you can. Don't worry if at first you can only lift your legs a few inches off the ground. As this becomes easier, slowly move your extended legs to the left and right. This helps work the muscles on the sides of your abdomen as well.

If these exercises are too difficult, try this: Slowly exhale as you lift your feet off the floor and bring your knees into your chest. Then extend your feet outward just a little bit. Repeat.

2. Leg Up on Stair (What it works: Legs, buttocks)

3. Bag Lug Shrugs (What it works: Shoulders, biceps)

4. Cleaning Cardio (What it works: Heart, lungs)

5. Kitchen Counter Pump (What it works: Calves)

6. Wet Laundry Squats (What it works: Lower back, larger leg muscles)

To view the full fitness plan by *Better Homes and Gardens*, including descriptions on numbers 2-6 above, [click here](#).

Recipe of the Week

Fruity Splash Smoothie

Ingredients:

- 1 cup fat-free milk
- 5 to 7 large unsweetened frozen strawberries
- 1 medium banana, cut into chunks
- 1 tablespoon honey
- 3/4 cup orange juice
- 1/2 teaspoon vanilla extract



Instructions:

1. Combine all ingredients in blender; blend until smooth and creamy.
2. Pour in glasses.

Preparation Time:

5 minutes

Nutritional Facts per Serving:

Calories: 180

Total Fat: 0g

Cholesterol: 5mg

Protein: 6g

Carbohydrates: 43g

Sodium: 65mg

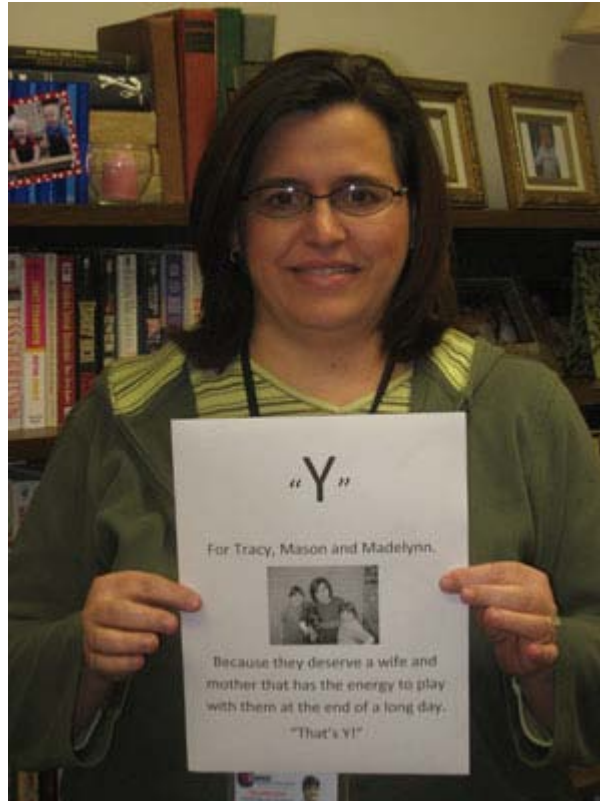
Notes, Tips & Suggestions

Substitution Idea: For frozen fruit pops, pour leftover smoothie into small plastic cups. Cover cups with plastic wrap; insert stick and freeze.

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".

Example: This week's winner



Rhonda Luckey

"Y" For Tracy, Mason and Madelynn. Because they deserve a wife and mother that has the energy to play with them at the end of a long day. "That's Y!"

Rhonda wins a *Super Smoothie* book!

Did You Know...

Regular physical activity for at least 30 minutes each day, even broken into several short periods of 20, 15, or 10 minutes, can help you lose weight, maintain a healthy weight, and stay fit. Small amounts of daily exercise can also improve your energy and mood, and lower your risk for heart disease, [metabolic syndrome](#), and some cancers.

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treated right

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

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