

Live Healthy AMERICA  
**100 DAY**  
**WELLNESS**  
 CHANGE YOUR CHOICES. CHANGE YOUR LIFE!  
**CHALLENGE** JANUARY 14 - APRIL 23, 2010

100 Day Wellness Challenge February 10, 2010

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**Quote of the Week**

"It's so hard when I have to, and so easy when I want to. "

- Annie Gottlier

Attitude plays a key role in everyone's life. How we view things makes a difference in the outcome. A positive attitude will keep you on the path to success. If you set your mind to something, anything is possible.

Things come easier when you *want* to do them. You go towards your goal because you want to. When you feel like you *have* to do something, you look for reasons not to do it.

Don't view this challenge as something that you **have** to do. Don't feel like you **have** to compete in this challenge because your company is participating or your friends made you sign up. Do this challenge because you **want** to. You **want** to change your choices. You **want** to change your life. You **want** to be healthy!

Keep a positive attitude throughout this challenge and you will see results. Not only do you need to keep a positive attitude for yourself, but also for your team. Each person on your team is counting on you for moral support. Keep sending uplifting messages to them. Encourage them to change their choices. Be that motivation they need!

Change your choices. Change your life!

Yours in health-

Marci Strandberg  
 Live Healthy America Coordinator

**25-Day Incentive Winners**

Teams qualified by being completely up-to-date in recording for the February 5th recording period. Teams were entered into a random drawing to win \$5 Subway gift

cards for each of their team members. Congratulations!

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

## **Nutrition Tip of the Week**

### **Water: Meeting Your Daily Fluid Needs**

Ever notice how lifeless a house plant looks when you forget to water it? Just a little water and it seems to perk back up. Water is just as essential for our bodies because it is in every cell, tissue, and organ in your body. That's why getting enough water every day is important for your health.

Healthy people meet their fluid needs by drinking when thirsty and drinking fluids with meals. But, if you're outside in hot weather for most of the day or doing vigorous physical activity, you'll need to make an effort to drink more fluids.

#### **Where do I get the water I need?**

Most of your water needs are met through the water and beverages you drink. You can get some fluid through the foods you eat. For example, broth soups and other foods that are 85% to 95% water such as celery, tomatoes, oranges, and melons.

#### **What does water do in my body?**

Water helps your body with the following:

- Keeps its temperature normal.

- Lubricates and cushions your joints.

- Protects your spinal cord and other sensitive tissues.

- Gets rid of wastes through urination, perspiration, and bowel movements.

#### **Why do I need to drink enough water each day?**

You need water to replace what your body loses through normal everyday functions. Of course, you lose water when you go to the bathroom or sweat, but you even lose small amounts of water when you exhale. You need to replace this lost water to prevent dehydration.

Some people may have fluid restrictions because of a health problem, such as kidney disease. If your healthcare provider has told you to restrict your fluid intake, be sure to follow that advice.

To read the rest of the article by the Centers for Disease Control and Prevention [click here](#).

## **Fitness Tip of the Week**

## Upper-Body Boot Camp: Toned Arms in 10 Minutes

Workout by FITNESS Advisory Board member Keli Roberts

### 1. Propped Push-Up

Targets: shoulders, back, chest, triceps, and abs

- Start on all fours (knees under hips, back flat), both palms pressing into ball directly below chest, fingers pointed toward floor. Extend legs behind you and balance on toes so that you form a straight line from head to heels, with feet about 2 feet apart.
- Bend elbows to lower chest toward ball, keeping arms by sides, abs engaged and back flat. Exhale as you push back up, straightening arms.
- Do 8 reps. Rest 60 seconds; repeat.

### 2. Smash-Down

### 3. Star Pass

### 4. Curl and Toss

### 5. Ball Flye

To view the full article by *Fitness Magazine*, [click here](#).

## Recipe of the Week

### Pork Skewers and Peanut Sauce

Cinnamon-spiced pork is threaded on skewers with red sweet peppers and pineapple and cooked with a simple-to-make peanut sauce.

Prep: 25 minutes

Makes: 6 appetizer servings

Ingredients:

- 1 lb. boneless pork (such as loin or tenderloin), cut into 1-1/2-inch pieces
- 1 small red sweet pepper, seeded and cut into 1-1/2-inch pieces
- 1 cup 1-1/2-inch pieces fresh pineapple
- 5 Tbsp. water
- 2 Tbsp. creamy peanut butter
- 2 Tbsp. finely chopped fresh pineapple



1 to 2 tsp. finely chopped serrano pepper\*  
1 small clove garlic minced  
1/2 tsp. ground cinnamon  
1/2 tsp. reduced-sodium soy sauce

Instructions:

1. Preheat broiler. Alternately thread pork, sweet pepper, and pineapple on 6- to 8-inch skewers.\*\* Broil 4 to 5 inches from heat for 10 to 12 minutes or until pork is just slightly pink in center, turning once halfway through.

2. Meanwhile, for sauce in a small saucepan combine remaining ingredients. Heat over very low heat until melted and nearly smooth, whisking constantly. Serve with pork skewers. Makes 6 appetizer servings.

3. \*Kitchen Tip: When handling peppers, wear rubber gloves and wash hands thoroughly after chopping.

4. \*\*Kitchen Tip: If using wooden skewers, soak in enough water to cover for 30 minutes; drain before using.

Nutrition Facts per serving:

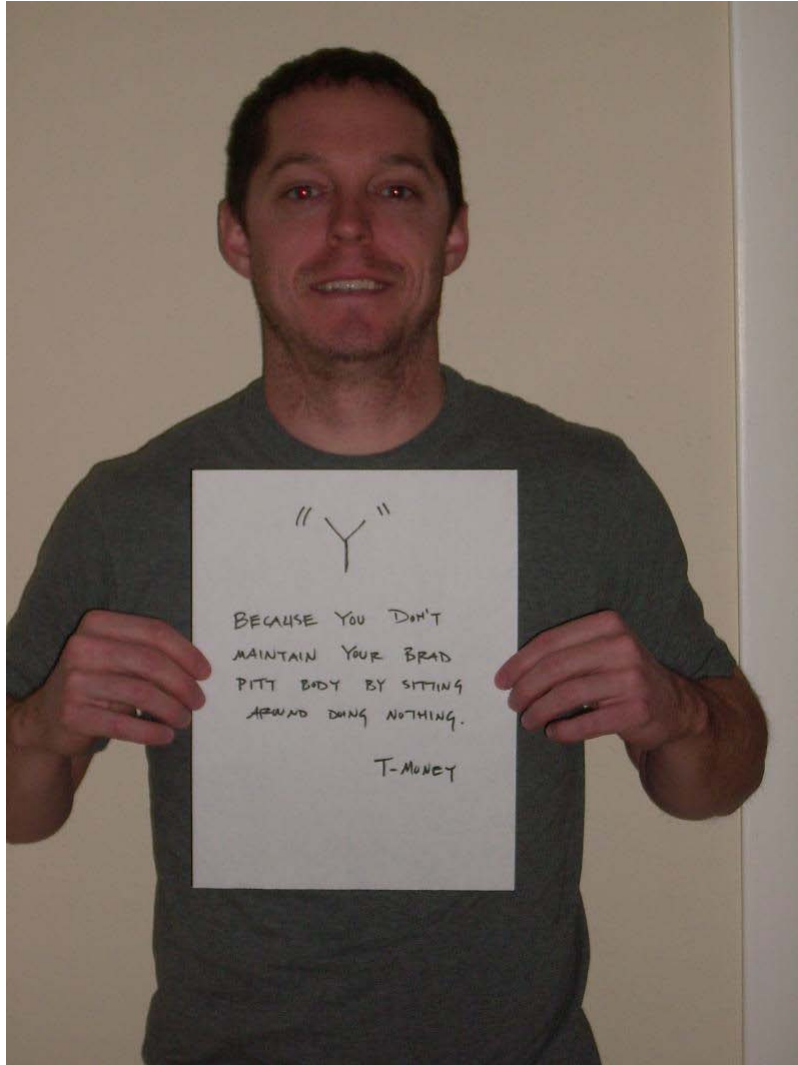
Servings Per Recipe 6 appetizer servings  
Calories 134,  
Total Fat (g) 4,  
Saturated Fat (g) 1,  
Monounsaturated Fat (g) 2,  
Polyunsaturated Fat (g) 1,  
Cholesterol (mg) 49,  
Sodium (mg) 82,  
Carbohydrate (g) 6,  
Total Sugar (g) 4,  
Fiber (g) 1,  
Protein (g) 18,  
Vitamin C (DV%) 52,  
Calcium (DV%) 1,  
Iron (DV%) 6,  
Percent Daily Values are based on a 2,000 calorie diet

Recipe provided by *Better Homes and Gardens*.

## 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 Ewalt



"Y" Because you don't maintain your Brad Pitt body by sitting around doing nothing.

Trever wins a Super Smoothie book.

### Did You Know...

By including whole grains in your diet you can reduce your risk of heart attacks, strokes, Type 2 diabetes, asthma, high blood pressure, and gum disease. [Whole grain](#) foods contain the essential parts and naturally-occurring nutrients of the entire grain seed, and can be found in pastas, granola, and even bagels.

**Concentra**<sup>®</sup>  
treated right

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

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