



Live Healthy Challenge

March 3, 2010

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#### Quote of the Week

"It is never too late to become what you might have been."

- George Eliot

Congratulations on reaching the **50 day mark** of the challenge! You are half way there!

Are you sitting there thinking to yourself that you are not where you thought you would be at this point in the challenge? Have you fallen off the wagon? Are you still telling yourself that you will start tomorrow?

**It's not too late!** It's never too late to start your wellness journey. It's never too late to start eating healthier and being more active. Make the commitment to yourself and start today! For those of you that have made the choice, keep going. For those of you that are not where you would like to be, start now and make the commitment.

Remember, it's never too late to change your choices and get on the right path to a healthier lifestyle. It's up to you!

Change your choices. Change your life!

Yours in health-

Trista Humpal  
Live Healthy America Coordinator

#### 50 Day Incentive

The 50 day milestone of the program is here! Your entire team must be completely up-to-date in recording for the March 5th recording period in order to qualify for the 50 Day Incentive. You have until Sunday, March 7th at 11:59pm CST to enter your data for the March 5th recording period. Teams that qualify will be entered into a random drawing to win **Live Healthy Gym Bags** for each of your members. Good luck!

#### T-shirt Information

T-shirts are still shipping! Due to the increased number of participants in the 2010 program, Live Healthy is continuing to ship T-shirts in the order teams registered. Team captains please keep a look out for your team's T-shirts in the next couple of weeks. Please allow **2-3 weeks for delivery**. Teams that do not receive their T-shirts by March 12th can email [info@livehealthyamerica.org](mailto:info@livehealthyamerica.org).

## [Nutrition Tip of the Week](#)

### **Life's Simple 7**

Familiarize yourself with seven simple steps that can help you live a long, healthy life.

1. Get Active
2. Control Cholesterol
3. Eat Better
4. Manage Blood Pressure
5. Lose Weight
6. Reduce Blood Sugar
7. Stop Smoking

### **Eat Better**

A healthy diet and lifestyle are your best weapons to fight cardiovascular disease.

### **What's Most Important?**

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have vitamins, minerals, fiber and other nutrients, but are lower in calories. To get the nutrients you need, choose foods like vegetables, fruits, whole-grain products and fat-free or low-fat dairy products most often. The American Heart Association recommends that you eat a wide variety of nutritious foods daily from each of the basic food groups.

### **Recommended Food Choice Guidelines**

- Vegetables and fruits are high in vitamins, minerals and fiber - and they're low in calories. Eating a variety of fruits and vegetables may help you control your weight and your blood pressure.
- Unrefined whole-grain foods contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight.
- Eat fish at least twice a week. Recent research shows that eating oily fish containing omega-3 fatty acids (salmon, trout, and herring) may help lower your risk of death from coronary artery disease. Choose lean meats and poultry without skin and prepare them without added saturated and trans fat. Select fat-free, 1 percent fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet. Aim to eat less than 300 milligrams of cholesterol each day. Choose and prepare foods with little or no salt. Aim to eat less than 1500 milligrams of sodium per day.

To view the other 6 topics of "Life's Simple 7" from the *American Heart Association*, [click here](#).

## [Fitness Tip of the Week](#)

### **Abs-olutely Fabulous: Ab-Toning Stability Ball Workout**

*Workout by Monica Vasquez, a master trainer at New York Sports Clubs in New York City*

Have a ball with this workout routine to cinch and sculpt your abs.

#### **Wall-Up**

*What You'll Need:* A stability ball and a wall

*Targets:* Abs and obliques

1. Place stability ball about 2 feet in front of wall.
2. Lie faceup on ball with lower back on its center, knees bent 90 degrees, feet flat on wall, calves parallel to floor.
3. Put hands behind head, elbows out to sides. Crunch up; lower. Do 10 reps.

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

## Recipe of the Week

### Whitefish with Roasted Asparagus

As a member of the salmon family, whitefish has more fat than most of the other white-colored fish. The fat translates into an extra richness matched by few low-cal dishes.

Prep: 20 minutes  
Makes: 4 servings



#### Ingredients:

1 pound fresh or frozen skinless whitefish fillets or other white-flesh fish fillets, about 1/2 inch thick  
1/2 cup chopped onion (1 medium)  
1/2 cup chopped carrot (1 medium)  
1/4 cup reduced-sodium chicken broth  
2 cloves garlic, minced  
1/4 teaspoon salt  
1/4 teaspoon smoked paprika or paprika  
1/4 teaspoon black pepper  
12 ounces fresh asparagus spears, trimmed and bias-sliced into 1-inch pieces (1 1/2 cups)

#### Instructions:

Thaw fish, if frozen. Rinse fish; pat dry. Cut fish into 4 serving-size portions; set aside. In a 2-quart rectangular baking dish stir together onion, carrot, broth, and garlic. Top with fish fillets, tucking under any thin edges. Sprinkle with salt, paprika, and pepper. Top with asparagus.

Bake, covered, in a 450° oven for 15 to 20 minutes or until fish flakes easily when tested with a fork. Serve fish with the vegetables.

#### Hints:

Nutrition Facts per serving: 176 cal., 6 g total fat (1 g sat. fat), 65 mg chol., 249 mg sodium, 6 g carbo., 2 g fiber, 23 g pro.  
Daily Values: 86% vit. A, 13% vit. C, 5% calcium, 6% iron  
Exchanges: 1 Vegetable, 3 Meat

## 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: Donita Crowder



"Y, So often times I make commitments to my kids, family, friends, church and work but this time, it's about me. FOR ME"

Donita wins a Super Smoothie Book.

### Did You Know...

Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. You can protect your heart by eating a healthy diet, exercising frequently, and avoiding tobacco products.



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

### National Women's Health Week

"Take the pledge for better health! Meredith has joined forces with National Women's Health Week to encourage women everywhere to make a public pledge of bettering their health and the health of their families. Follow this link to join thousands of other women nationwide in making and sharing these important and inspiring commitments: <http://www.bhg.com/healthpledge>."

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Richard O. Jacobson  
FOUNDATION

