



Live Healthy Challenge

March 10, 2010

IN THIS ISSUE

[50 Day Incentive](#)

[Nutrition Tip of the Week](#)

[Fitness Tip of the Week](#)

[Recipe of the Week](#)

[Project Y](#)

[Did You Know...](#)

Quote of the Week

"Chase down your passion like it's the last bus of the night."

~Glade Byron Addams

Rekindle the Passion.

Having a hard time finding the right workout? Are you tired of running on a treadmill? Is it hard to get motivated because your workout is boring?

Find the passion within yourself that pushes you to be the best. What did you enjoy doing as a kid that made being physically active so fun? Maybe you enjoy dancing but haven't done it in years. Find a dance workout video and enjoy yourself for a FUN workout. Gather some friends to join a Hip Hop or Zumba class for a night of fun. Start a softball or sand volleyball team. Make exercise fun! By choosing to be active doing something you love, exercising is no longer a chore but a part of your daily routine that is something you look forward to.

Rekindle YOUR passion!

Change your choices. Change your life!

Yours in health-

Marci Strandberg
Live Healthy America Coordinator

50 Day Incentive

Teams qualified by being completely up-to-date in recording for the March 5th recording period. Teams were entered into a random drawing to win **'Live Healthy' Gym Bags** for each team member. Congratulations to the winning teams!

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

[Nutrition Tip of the Week](#)

Fat-Isn't It Always Bad for You?

Fat is a nutrient that helps the body function in various ways: For example, it supplies the body with energy. It also helps other

nutrients work and, when it becomes fatty tissue, it protects organs and provides insulation, keeping you warm. But the body only needs small amounts of fat. Too much fat can have bad effects, including turning into unwanted excess pounds and increasing cholesterol in the bloodstream (see page 4).

There are different types of fat, and they have different effects on your risk of heart disease. Knowing which fat does what can help you choose healthier foods.

Here's the lowdown on fats:

Total fat. This is the sum of saturated, monounsaturated, and polyunsaturated fats and trans fatty acids in food. Foods have a varying mix of these three types.

Figuring Your Fat

Each day, aim for intakes of less than 10 percent of calories from saturated fat and no more than 30 percent of calories from total fat. Those are the recommended daily intakes for healthy adults.

[Click here](#) to read more about Fats provided by the *National Heart, Lung, and Blood Institute*.

Fitness Tip of the Week

Supermans

Target Body Part: Back, Butt/Hips, Shoulders

Step 1

Starting Position: Lie prone (on your stomach) on a mat with your legs extended, ankles slightly plantarflexed (toes pointing away from your shins), arms extended overhead with palms facing each other. Relax your head to align it with your spine.

Step 2

Upward Phase: Exhale, contract your abdominal and core muscles to stabilize your spine and slowly extend both hips (raise both legs) a few inches off the floor while simultaneously raising both arms a few inches off the floor. Keep both legs and arms extended and avoiding any rotation in each. Maintain your head and torso position, avoiding any arching in your back or raising of your head. Hold this position briefly.



Step 3

Downward Phase: Gently inhale and lower your legs and arms back towards your starting position without any movement in your low back or hips.

To view the full article by ACE, [click here](#).

Recipe of the Week

Turkey Meat Loaf

Here's a healthier version of an old diner favorite.

Yield: 5 servings

Serving size: 1 slice (3 oz)

Ingredients:

1 lb lean turkey, ground
1/2 C regular oats, dry
1 large egg
1 Tbsp onion, dehydrated
1/4 C catsup

Directions:

1. Combine all ingredients and mix well.
2. Bake in loaf pan at 350 °F or to internal temperature of 165 °F for 25 minutes.
3. Cut into five slices and serve.

Each serving yields:

Calories: 192
Total fat: 7 g
Saturated fat: 2 g
Cholesterol: 103 mg
Sodium: 214 mg
Total fiber: 1 g
Protein: 21 g
Carbohydrates: 23 g
Potassium: 292 mg

Recipe provided by *National Heart, Lung, and Blood Institute*. [Click here](#) to view more great recipes.

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: Renee Jameson



"Y"

Lifestyle change	(check)
Feel Good	(check)
Support	(check)
Healthier	(check)
Motivated	(check)

Adding another 10 years to my life...PRICELESS!

Renee wins a Live Healthy goody bag.

Did You Know...

High levels of bad cholesterol are the leading cause of heart-related medical issues. You can improve your cholesterol levels by making some small changes to your lifestyle, such as increasing your amount of physical activity, stopping smoking, changing your diet, and taking cholesterol lowering medication. Consult with your doctor to learn more about lowering your cholesterol.

Concentra[®]
treated right

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

SPONSORS

CHANGE YOUR CHOICES. CHANGE YOUR LIFE!



Richard O. Jacobson
FOUNDATION

