



Live Healthy Challenge

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Quote of the Week

"Families are the compass that guide us. They are the inspiration to reach great heights, and our comfort when we occasionally falter."

- Brad Henry

Inspiring others isn't always easy, but there is always a place to start. Start by inspiring and influencing those you are closest with, your family.

Show your kids that fitness can be fun. Plan family activities together. Go for walks together or take an afternoon to play a game of baseball or frisbee with your kids. Be the role model in your family and help your kids and loved ones learn what it takes to be healthy. Healthy kids = healthy adults in the future!

Start now and inspire those around you! Be the support system your family and kids need to make healthy changes in their lives!

Change your choices. Change your life!

Yours in health-

Trista Humpal
Live Healthy America Coordinator

Nutrition Tip of the Week

The 5 Nutrients You Need for Energy

By Karen Ansel, RD

Feeling tired? Eat your energy food! These five key nutrients beat fatigue, improve your workout, and fight disease.

1. **Vitamin E**
2. **Iron**
3. **Potassium**
4. **Zinc**
5. **Magnesium**

Vitamin E

Unless you've been living in a cave for 20 years, you know you need calcium, folate, and vitamin C. But there are a few nutrients you're not so savvy about, according to recent stats, especially if you're dieting. Here, which ones you're most likely lacking,



and what to do about it.

Fact: Twenty-eight percent of you don't get enough vitamin E.

Why You Need 15 milligrams a Day: It protects against heart disease and boosts immunity.

Why You're Missing Out: Your diet is too low in fat. Vitamin E is usually found in naturally fat-rich plant foods like oils, nuts, and seeds.

How to Get It: Stock up on a well-fortified cereal like Total cereal; a cup supplies 15mg.

To view the full article about the five nutrients you need for energy, [click here](#). Tip provided by *Fitness Magazine*.

Fitness Tip of the Week

Run with Me: Get Your Kids Up, Out, and on the Path to Fitness

Running is fun, easy, and something you can do with your kids. Here's how to get your kids exercising in a way that makes it fun for the whole family.

By Caralee Adams

Inspiring Your Kids to Be Healthy

When I come in from a run, my three children ask how far I went, and they sometimes help me track my progress. I'd always hoped that seeing me exercise would motivate them to do the same.

Nick, my oldest, was the first to follow in my footsteps, when he was in kindergarten. It started with the one-quarter-mile Jogfest sponsored by our elementary school; by sixth grade he'd mastered the 5K. He was a natural -- always among the first finishers.

Running is something I can do with Nick, who is now 15. He's too fast to work out with me regularly, but we've done a couple of races. It's a way for us to connect and to participate in a healthy activity.

Kids on the Go

Running is great exercise for kids. "It burns calories, builds muscle, and helps create a strong cardiovascular system," says Don Kardong, an Olympic marathoner and coauthor of *Children's Running: A Guide for Parents and Kids*, published by the Road Runners Club of America (RRCA).

To inspire your children to put on their sneakers, be a running role model. Watching you do it -- and seeing the benefits you get from being fit -- is likely to make them want to try it. Show them how exhilarating running can be by taking them to a race (find one near you at rrca.org) or a high school track meet. Once they're ready to hit the road, ease them into it. "Start out slowly, build up gradually, and allow kids to stop and rest anytime they want," says Andrew Gregory, MD, an executive committee member of the American Academy of Pediatrics Council on Sports Medicine and

Fitness.

Jean Knaack, executive director of the RRCA, has figured out what gets her kids going. A couple of nights a week she takes her 6-year-old daughter, Jena, and her 5-year-old son, James, for a run around the block. She makes it a game. "I'll tell them to run to the lamppost and freeze," Knaack says. "From there I'll say, 'Race to the blue mailbox.' That keeps them engaged."

Tip provided by *Fitness Magazine*.

Recipe of the Week

Pan-Seared Scallops with Lemon Vinaigrette

Makes: 4 servings

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

12 ounces sea scallops, thawed if frozen

2 lemons

3 tablespoons olive oil

1 pound asparagus spears, trimmed and cut into 2-inch pieces

1 medium red onion, cut into wedges

Salt, to taste

Black pepper, to taste

2 to 3 fresh basil sprigs, including stems

2 tablespoons fresh basil leaves, cut into strips (optional)



Directions

1. Rinse the scallops and pat dry. Set aside.

2. With a sharp knife, score one lemon lengthwise in four sections and remove the peel from each section. Scrape the white portion from the peel; discard. Cut the peel into very thin strips and set aside. Squeeze 2 tablespoons of juice from the lemon; reserve.

3. Heat 1 tablespoon of the olive oil in a large skillet over medium heat. Add the asparagus and onion and cook for 2 to 3 minutes; season to taste with the salt and black pepper. Transfer to a serving platter and keep warm.

4. Combine the lemon peel, basil sprigs, and remaining 2 tablespoons of olive oil in the skillet. Cook for 1 minute or until heated through. Remove the lemon peel and basil sprigs with a slotted spoon, leaving the oil in the skillet; discard.

5. Cook the scallops in the hot oil for 3 to 5 minutes or until opaque, turning once. Stir in the reserved lemon juice. Season to taste with salt and black pepper.

6. Place the scallops over the asparagus mixture. Cut the remaining lemon into wedges. Garnish the scallops with the wedges and, if desired, the fresh basil.

Nutrition facts per serving: 190 calories, 16g protein, 6g carbohydrate, 11g fat (1g saturated), 1g fiber

The Freshest Catch

To find the best-tasting scallops, ask at the seafood counter if the dry-packed kind are available, says Quinn Hatfield, chef and owner of Hatfield's Restaurant in Los Angeles. Highly perishable seafood is often treated with a preserving solution to extend freshness for several weeks; this can affect the color, taste, and cooking time.

Dry-packed means that no solution was used and the scallops were caught within the past few days. Also, make sure that the scallops are intact and translucent. "If they look milky or smell fishy, don't buy them," Hatfield says. Cook them the same day you buy them. To clean, rinse under cold water, peel off the muscle found on the side of each scallop, and pat dry.

Recipe provided by *Fitness Magazine*.

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: Leigh Larson



"Y" The apple doesn't fall far from the tree! Set a good example. (Apples: hobbies, friends, weight loss, energy, fun, pets, health, sports, increased activity, family)

Leigh wins a Live Healthy goody bag.

Recipe of the Week

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>."

Did You Know...

Being physically active is one of the most important steps you can take to improve your health. Combining regular exercise with a healthy diet can reduce your risk of chronic disease, prevent weight gain, and improve your overall wellbeing. Any additional physical activity can be beneficial, so take the first step to develop a better you.



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

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