

trouble viewing this email? [Click here](#)



The banner features the text "Live Healthy AMERICA" in blue and orange, "100 DAY WELLNESS CHALLENGE" in large orange and white letters, and "CHANGE YOUR CHOICES. CHANGE YOUR LIFE!" in white on a blue background. Below this, it says "JANUARY 14 - APRIL 23, 2010" in orange. On the right side, there is a photograph of five smiling people (three women and two men) dressed in athletic wear.

Live Healthy Challenge

February 24, 2010

IN THIS ISSUE

[T-shirt Information](#)

[Nutrition Tip of the Week](#)

[Fitness Tip of the Week](#)

[Recipe of the Week](#)

[Project Y](#)

[Did You Know...](#)

Quote of the Week

"Ask not what your teammates can do for you. Ask what you can do for your teammates."

-Magic Johnson

Commitment is a strong word. It takes a lot of hard work and it means staying true to your word.

All of you are on a team. You made a commitment not only to yourself, but also to your teammates. You made a commitment that for 100 days you would take actions that led to a healthier lifestyle. Let your team push you towards success. When you roll out of bed in the morning, think about what choices you are going to change. Think about how you can inspire your teammates. Help them to make healthier decisions.

Next time you login to your dashboard take a look at your total activity minutes and/or percentage weight loss. Are you where you'd like to be? Are you meeting the goals you set at the beginning of the challenge?

Take pride in yourself for making one of the biggest commitments out there.....changing your life.

Change your choices. Change your life!

Yours in health-

Marci Strandberg
Live Healthy America Coordinator

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.

Most Creative Team Name Winners

Congratulations to the "Most Creative Team name" winners! The Live Healthy Staff has chosen the top 5 most creative team names in the challenge. Here is a list of the winning teams. Each team captain will receive a 'Live Healthy' gym bag for selecting their team's name

Law & Order - SEU (Special Eaters Unit) Jennifer Hamilton
Bye Bye BMI Cindy Carter
Cash for Chunkers Ursula Mayorga
NoBelly Prize Winners Cynthia Lackey
Gut Busters "Who you gonna call..." Cynthia Favela
It Must Be Jelly, Jam Don't Shake Like That Gordie, Rundle Jr.
Cheesburglers Melissa Roberts
Low(Rx)pectations Courtni Witt
Put the cookie down Paul Qualls
Thick and Tired of IT Jonie Johnson
For the health of it! Ryan Ridd
unBELLYvable Lauren Boucher
2unfit2quit Alissa Lama
I know what you weighed last summer Roxey Martin
Couch Potatoes on the RUN Diane Fullrich

Nutrition Tip of the Week

6 Smart Snacks for After Your Workout

Replenish your energy after your workout with these smart protein and carb snack combos.

Whether you work up a sweat in the morning or evening, chances are you grab a little bite before you hit the gym. A snack before you work out helps give you energy and stamina to go the distance. But did you know that eating a snack after you work out is even more important? "You want to make sure you feed your body to help repair muscle tissues and replenish glycogen stores [which are depleted after a strenuous workout]," says Kristin Reisinger, MS, RD, a sports nutritionist and competitive figure athlete based in New Jersey. Here, six top snacks to fuel your body post workout (Reisinger recommends chasing each of these snacks with 8-12 ounces of water).

Protein Shake with Banana
Peanut Butter & Banana on Rice Cakes
Hummus and Pita
Yogurt and Fresh Berries
Tuna on Whole Wheat
Turkey and Cheese with Apple Slices

[Click here](#) to view more about these snacks provided by *Fitness Magazine*.

Fitness Tip of the Week

3 Ways to Burn 500 Calories

That's two bags of M&Ms to you. Here's how to make them disappear.

Bike

Melting 500 calories is as easy as the 1-2-3 routines below. Choose your favorite or do all three and you'll be trim in no time. Spin away calories with this stationary-bike workout from Orest Ludwig, a personal trainer at the Sports Center at Chelsea Piers in New York City.

Stairclimber

If you consider yourself the queen of the stair-climbing machine, try this boredom-busting calorie burner from Keli Roberts, the group fitness manager at Equinox Fitness Club in Pasadena, California. To avoid cheating on the calorie burn, remember to stand upright with your abdominals firm, and don't lean into the side rails. To get an even better workout, go hands-free and pump your arms, as if you were running.

Treadmill

Try this running workout from Robert Pennino, a certified USA triathlon coach. Be sure to keep the incline of your treadmill at 1 percent throughout the workout. If the pace seems too fast, modify to suit your fitness level.

To view these workouts in full detail provided by Fitness Magazine [click here](#).

Recipe of the Week

Tom Colicchio's Easy Roasted Chicken

"I like to brown the chicken before I roast it. Browning helps to get the cooking started and moves the juices toward the center of the bird."

Makes 4 servings.

Shopping List

FRESH: Chicken, rosemary, thyme

STAPLES: Coarse sea salt, ground black pepper, peanut oil, unsalted butter

Ingredients

1 2- to 3-1/2-pound free-range chicken
Coarse sea salt
Ground black pepper
2 sprigs fresh rosemary
2 sprigs fresh thyme
1 tablespoon peanut oil
2 tablespoons unsalted butter, melted

Directions:

-Preheat oven to 375 degrees F.

-Rinse the chicken and dry with paper towels. Cut off the last joint of the wing; discard.

-Season the chicken inside and out with salt and pepper; place rosemary and thyme inside the cavity. Tie cavity closed with a piece of twine.

- Heat oil in a large ovenproof skillet over medium heat.
- Place chicken on its side in the skillet and brown, about 7 minutes. Turn and brown the other side, about 7 minutes.
- Place chicken breast side up and transfer skillet to oven. Roast for 20 minutes; baste with melted butter. Continue roasting, basting occasionally, until thigh juices run clear, about 30 minutes more.
- Remove chicken from oven and cover loosely with foil. Allow to cool for 10 to 15 minutes before carving.
- Sprinkle with sea salt before serving.

Nutrition facts per serving: 403 calories, 37g protein, 0g carbohydrate, 27g fat (9g saturated), 0g fiber.

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: Yesenia Morales



"My Boys R the Reason Y!!"

Yesenia wins a Super Smoothie Book.

Did You Know...

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build [healthy habits](#) by encouraging families to participate in physical activities. Take the kids along during your next walk or trip to the gym, they'll benefit from the outing as much as you will.

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

