

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

100 Day Wellness Challenge February 17, 2010

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Quote of the Week

"Desire: the starting point of all achievement."

- Napoleon Hill

Last week we talked about participating in the Live Healthy challenge because you *wanted* to, and not because you felt like you *had* to. Now that you've decided you *want* to participate in the challenge, do you know why?

What are your reasons for participating in the challenge? Have you thought about what your desires are? Is it that you want to be healthier, look better and live longer? Are you participating because you want to lose weight and have more energy? Or is there something else that gives you the strength and motivation to change your life? Is it because you want to see your grandchildren grow up, be there to walk your daughter down the aisle, or spend one more day with your family?

Whatever your reasons are for participating, use those desires to motivate yourself when you are having a tough week throughout the challenge. So, do you know your reasons why?

Change your choices. Change your life!

Yours in health-

Trista Humpal
 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.

Nutrition Tip of the Week

Fruits and Vegetables

"Eat your fruits and vegetables." You've likely heard this statement since childhood.

Research shows why it is good advice:

- Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.
- Most fruits and vegetables are naturally low in fat and calories and are filling.

Not sure how many fruits and vegetables you should be eating each day?

Visit Fruits & Veggies Matter's [fruit and vegetable calculator](#). Here you can calculate your fruit and vegetable recommendations based on your calorie needs for your age, gender, and activity level. This site also has helpful tips and photographs of 1/2 cup and 1 cup fruit and vegetable examples.

Tip provided by *Centers for Disease Control and Prevention*.

Fitness Tip of the Week

Walk (or Run!) Off Bulge

Walking and running are the quickest ways we know to blast up to 25 percent more calories, boost your energy instantly, and sculpt lean, sexy muscles -- even your abs! Here, everything you need to know about the best new gear, injury-prevention, speed tips, and more...plus our favorite 45-minute workout for any fitness level.

1. To get started, stride right. Leaning into each stride increases momentum, which makes everything feel easier, even as you go faster.

2. Keep your abs tight. To actively engage your abs, imagine zipping up a pair of jeans from your pubic bone to your navel and keeping them tight during the workout.

3. Flex your toes. Pull your toes up as you step, says Dixie Stanforth, an exercise physiologist in the department of kinesiology at the University of Texas in Austin. You'll recruit more leg muscles and propel yourself forward to go faster, she says.

4. Challenge yourself. "You should experience some huffing and puffing, even if you're walking," says Vicki Harber, PhD, a professor of physical education and recreation at the University of Alberta in Edmonton, Canada. Out with a friend? "You should be a bit breathless as you talk," says Harber.

5. Update your playlist. Adding faster, more upbeat tunes to your iPod may help you to run harder and faster, according to new research published in the *Journal of Sports Sciences*.

6. Increase the incline. Even a 2 percent higher setting bumps up your calorie burn by 20 percent per minute, says Mitchell Whaley, PhD, an exercise physiologist at Ball State University in Muncie, Indiana.

7. Add weight to your walk. Forget holding dumbbells: A better way to burn calories while you walk is to wear a weighted vest, according to recent research. A study from the University of Iowa in Iowa City found that subjects who wore a vest that was about 20 percent of their body weight burned 14 percent more calories.

8. Go off the beaten path. Take a walk in the woods and burn about 500 calories per hour while hiking at average speed -- carry a pack and zap even more.

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

Recipe of the Week

Garden Pot Roast

Adapt this recipe to whatever fresh vegetables are in season for a different variation all year long.

Prep: 25 minutes

Makes: 8 servings

Ingredients:

1 3-pound boneless beef bottom round roast

Salt

Black pepper

1 tablespoon cooking oil

1 14-ounce can beef broth

1/2 cup coarsely chopped onion (1 medium)

1/2 teaspoon dried marjoram, crushed

1/2 teaspoon dried thyme, crushed

2 cloves garlic, minced

4 cups cut-up vegetables (such as 2-inch pieces of peeled winter squash, carrots, parsnips, and/or green beans)

2 tablespoons cold water

1 tablespoon cornstarch



Instructions:

Trim fat from meat. Sprinkle meat lightly with salt and pepper. In a 4- to 6-quart Dutch oven brown meat on all sides in hot oil for 5 minutes, turning to brown evenly. Drain off fat.

Carefully pour broth over meat. Add onion, marjoram, thyme, and garlic. Bake, covered, in a 325° oven for 2 hours.

Add vegetables. Cover and bake for 30 to 40 minutes more or until tender. Transfer meat and vegetables to a serving platter; reserve cooking liquid in Dutch oven. Cover platter with foil to keep warm.

For gravy, strain juices into a glass measuring cup. Skim fat from juices; return 1 1/4 cups of the juices to Dutch oven (discard remaining juices). In a small bowl stir together the cold water and cornstarch. Stir into juices in Dutch oven. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Season to taste with salt and pepper. Slice meat. Spoon some of the gravy over meat and vegetables. Pass remaining gravy.

Hints:

Nutrition Facts per serving: 250 cal., 8 g total fat (2 g sat. fat), 83 mg chol., 337 mg sodium, 9 g carbo., 2 g fiber, 33 g pro.

Daily Values: 90% vit. A, 12% vit. C, 3% calcium, 22% iron

Exchanges: 1 1/2 Vegetable, 4 Meat

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: Colby Walton



"Because I want to go from fat to skinny, be more limber and generally be healthier!"

Colby wins a Super Smoothie Book.

Did You Know...

Aerobic exercise is a key component to a healthy weight loss program, and can have added benefits to your health. Continuous activity (such as walking, running, or swimming) over a period of time helps relieve anxiety, depression, and stress-related illnesses. It also reduces elevations in [blood pressure](#) and improves the circulation of oxygen through the blood.

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

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