



100 Day Wellness Challenge

February 3, 2010

IN THIS ISSUE

[Incentives and Prizes](#)

[Nutrition Tip of the Week](#)

[Fitness Tip of the Week](#)

[Recipe of the Week](#)

[Project Y](#)

[Did You Know...](#)

[National Wear Red Day](#)

Last week we discussed what Inspires You to do the things we do. We received an amazing response from participants with reasons why?

"I want to be around for my kids!"

"I'm tired of being tired, I want more energy!"

"I'm training for a 5K."

"I'm getting married and want to fit into my dress."

Quote of the Week

"People with goals succeed because they know where they are going. It's as simple as that."

- Earl Nightingale

We received hundreds of different reasons why and each one of them had a common theme, a GOAL.

Whether you are trying to fit into that dress or training for a race, having a goal in mind is always a great way to stay motivated during the 100 Day Program.

When setting a goal, have the end in mind and work backwards. Where do you want to be at 100 days, 75 days, 50 days or even at the 25 day mark? By breaking down your goals in 25 day increments you allow yourself to reach that goal. Build on or reset your goals as you progress down the path to a healthier lifestyle.

When setting your goal keep these things in mind:

- Be passionate about your goal.
- Be realistic. You have a 100 days to accomplish this goal; take it in stages.
- Seek Support. You don't have to do it all by yourself, that is why you are part of a team.
- Develop a Game Plan. If you are working out 20 minutes a day now, set a goal by day 25 to increase

your minutes.

- Don't give up. Hey, we all "slip"! When you slip, get back on track and learn from your experience.
- Have FUN and reward yourself! Remember to reward yourself for accomplishments along the way.
- Believe in yourself. If you do anything these next 100 Days, BELIEVE IN YOURSELF.

Download the [Live Healthy Goal Setting Worksheet](#) to assist you with your goals. Writing down your goals will help you stay accountable to the end. We believe in you. Change your choices. Change your life!

Yours in health-

Troy W. Vincent

P.S. Attention Captains: Visiting with your teammates about their goals is a great way to support one another in the 100 day program. Set a time to get together this week to visit about each others goals.

Incentives and Prizes

25 Day Incentive

The 25 day milestone of the program is approaching! Your entire team must be completely up-to-date in recording for the February 5th recording period in order to qualify for the 25 Day Incentive. You have until Sunday, February 7th at 11:59pm CST to enter your data for the Feb. 5th recording period. Teams that qualify will be entered into a random drawing to win \$5 Subway gift cards for each of your members. Good luck!

Nutrition Tip of the Week

7 Smart Snacks for Diet Success

Think you can't snack when you're trying to lose weight? Think again. These healthy, low-calorie snacks will satisfy your diet cravings and help you reach your weight-loss goals. *By Lisa Kovalovich Whitmore*

For many, dieting equals food restriction. Snacks? They usually get eliminated in the name of saving calories. But snacking when you're watching your weight is actually a good idea. "[When dieting,] people often wait too long in between meals, so by the time they eat, they're so hungry, their portions or choices are out of control," says Linda McLachlan, RD, CDN, a New Jersey dietitian with Nutrition Matters, LLC. "Snacking helps keep you satisfied and wards off cravings." Here, seven low-calorie snacks to help you with your diet goals:

1. Homemade Trail Mix

"Diet-friendly snacking doesn't necessarily have to be low-fat," says McLachlan.

What's more important: Portion size. A homemade trail mix of walnuts, mini chocolate chips, and raisins is a snack that's satisfying (thanks to the sweetness and fat) and healthy for a dieter if portion sizes are kept in check. "Mix a palm full of walnuts with a pinch of chocolate chips and a pinch of raisins -- it's not always realistic to measure," says McLachlan.

Recommended serving size: about 1 ounce of walnuts and about a teaspoon each of raisins and chocolate chips

Calories: about 250

2. Apple Slices with Lowfat Cheese
3. Graham Crackers with Peanut Butter
4. Tomato Soup with Baby Carrots
5. Frozen Tamale Pie
6. Egg Salad
7. Canned Mandarin Oranges with Light Whipped Topping

To read the rest of the article by *Fitness Magazine* and to find out the number of calories for each of the above snacks [click here](#).

Fitness Tip of the Week

Boost Energy, Blast Fat, Fast!

Workout by trainer Seven Boggs, a national spokesperson for Bally Total Fitness in New York City.

Burn 130 calories (and boost your energy) in just 15 minutes with this fun, do-anywhere cardio express routine.

1. Star Squat

Targets: Arms, abs, and legs

- Stand with feet together, arms by sides. Squat low, placing palms on floor in front of feet, directly under shoulders.
- Kick feet straight behind you, landing in push-up position (balancing on palms and toes, back flat, abs engaged).

2. Speed Skater

3. Lunge Kick

4. Knee-Up Jump Lunge

5. Sumo Kick

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

Recipe of the Week

Sesame Chicken

Dipped in teriyaki sauce and coated with sesame seeds, this no-fuss chicken brings home the flavors of the Orient.

Prep: 15 minutes

Makes: 4 servings

Ingredients:

4 chicken breast halves (about 2 1/2 pounds total)
Nonstick cooking spray
3 tablespoons sesame seeds
3 tablespoons all-purpose flour
1/4 teaspoon salt
1/4 teaspoon cayenne pepper
3 tablespoons bottled reduced-sodium teriyaki sauce
1 tablespoon butter or margarine, melted
Fresh pineapple wedges (optional)
Shredded spinach (optional)

Instructions:

Skin chicken; set aside. Lightly coat a large baking sheet with nonstick cooking spray; set aside. In a large plastic bag combine sesame seeds, flour, salt, and cayenne pepper. Dip chicken in teriyaki sauce. Add chicken to the mixture in the plastic bag. Seal bag. Shake bag to coat the chicken.

Place chicken, bone sides down, on prepared baking sheet. Drizzle melted butter over chicken.

Bake in a 400° oven about 45 minutes or until chicken is tender and no longer pink (170°F). If desired, garnish with pineapple wedges and spinach.

Nutrition Facts per serving: 293 cal., 9 g total fat (3 g sat. fat), 115 mg chol., 460 mg sodium, 7 g carbo., 1 g fiber, 45 g pro.

Daily Values: 4% vit. A, 3% vit. C, 3% calcium, 11% iron

Exchanges: 6 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: Breann Bedsole



"Y" Because my boys deserve a mom that can be a wrestler, a horsey, a dance machine and most of all, AN INSPIRATION.

Breann wins a Live Healthy Gym Bag.

Did You Know...

Did you know protein is essential to maintain muscle while you're losing weight and protein-rich foods, such as lean beef, provide longer-lasting satisfaction that may help you consume fewer calories throughout the day?



NATIONAL WEAR RED DAY 02.05.10

Lead the Way and Plan a Wear Red Day

National Wear Red Day is coming Feb. 5, 2010. But it takes just one person to start Wear Red Day on *any* day of the year.

Let that person be you! Consider organizing a Wear Red Day at your workplace, with your faith-based organization, at your community center or even in your own home. Speak up. Inspire your friends, neighbors, coworkers and family members to show

their support for the fight against heart disease!

Find out more at www.goredforwomen.org

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The image displays a collection of logos for various sponsors. At the top left is the 'LiveHealthy AMERICA' logo, featuring a stylized orange figure with a green leaf. To its right is the 'Nebraska SPORTS COUNCIL' logo, which includes a yellow figure holding a torch. Further right is the 'SUBWAY' logo in its characteristic green and yellow font. Below these are the logos for 'Catholic Health Initiatives Saint Elizabeth Regional Medical Center', a blue cross with a white circle inside, a blue shield with a white caduceus, and the 'BNSF RAILWAY' logo in bold black letters.