

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

100 Day Wellness Challenge January 20, 2010

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Quote of the Week

One person can make a difference and everyone should try.

-John F. Kennedy

We all live crazy hectic lives. When or if we find the time to exercise it seems our results don't come fast enough. The challenge is finding a routine that best fits your needs and to be patient. You have overcome the largest hurdle already, making the decision to sign up for the Live Healthy 100 Day Wellness Challenge. Over the course of the next 100 Days we hope to motivate and activate you towards a healthier lifestyle. Remember, the program only works if you make the personal choice to change. Here are few ideas to help you get started:

**1. Get in a routine** - Pack your workout bag before you go to sleep each night so you don't have to do it in the morning.

**2. Find the right time to exercise** - We know this is tough, everyday there is something that comes up that throws off your day. The most important thing is to do "something" every day. Here are a few ideas to get your 30 minutes of exercise in every day:

- Park your car as far away as you can each time you go to work or run an errand. The combined walking back and forth will give you a quick workout.
  - Take the stairs not the elevator every day.
  - Play Wii or an active video game with your kids/family.
- (Add these three activities up and you've got

yourself 30 minutes of activity for the day.)

**3. Work out in the morning** - This will give you a bounce in your step and provides you momentum for the entire day.

**4. Plan an activity once a week with your team** - Perhaps a team walk, yoga class or healthy lunch will get your team motivated.

Starting your healthy journey or maintaining the course is tough. Try setting a goal for the next 25 days. You can do anything for 25 days, right? Once you've met that goal, you will be "hungry" for more!

On behalf of Live Healthy America, I'd like to extend our sincere appreciation for your participation in the 2010 Live Healthy 100 Day Wellness Challenge. The time and effort you dedicate to the program, reinforces our commitment to educating Americans towards a healthier lifestyle.

Yours in health-

Troy W. Vincent

Director, Live Healthy America

**New to the site for 2010:**

- Over 150 new kitchen-tested, great tasting, healthy recipes from such great partners as Better Homes and Gardens, chefs Rocco DiSpirito, Culinary.net and mixingbowl.com.
- New video workouts that will get you motivated to start shaping those trouble spots or jump start your cardio routine.

Keep coming to the site daily to record your success and look for new enhancements as we make this the best 100-Day Challenge yet!

## **FAQ's about the Live Healthy Challenge**

### **What if I haven't received my login information?**

If you haven't received a confirmation email containing your username and password, contact us at [info@livehealthyamerica.org](mailto:info@livehealthyamerica.org) and we'll resend it to you.

### **When and how do I record my data?**

Weight loss division participants, log on to your personal dashboard and submit your starting weight for the program under the January 14th date if you haven't done so already. This **Friday, January 22nd**, you will be asked to log your **total weekly activity minutes and/or weight** (depending on your team's division) for Jan. 14th - 22nd. Each Friday throughout the challenge you will be reminded to log your weekly totals. Be sure to have your data updated every Friday so your team is eligible for prizes!

### **May I log my data on a daily basis?**

Yes you can! Click "My Daily Journal" on your personal dashboard and you may log your total activity each day. The journal will tally your weekly totals for you and you will need to submit those in the "Record My Data" section on Fridays.

### **May teams sign up after the January 14th start?**

Yes. In fact thousands of participants sign up after the January 14th start. Be a "health ambassador" and challenge another friend, family member or co-worker to join the challenge!

[Contact us](#) if you have more questions or visit Live Healthy's [FAQ](#) page.

## **Nurtrition Tip of the Week**

**Healthy Eating Planner: 31 Days of Superfoods**

[Your 31-Day Meal Plan](#)

[Your Shopping List](#)

[Don't Forget Dessert!](#)

Our healthiest meal plan yet! We've taken 10 nutrient-packed superfoods and turned them into 20 delicious recipes for you to make this month. Follow our easy 31-day meal planner and you won't even have to think about what's for dinner tonight. Dig in!

*Recipes by Dawn Jackson Blatner, RD; Research by Kristen Carlucci*

## Fitness Tip of the Week

### Running 101: A Beginner's Guide

How fast should I run? How will it feel? What should I eat? Could I do a race? Trying a new activity like running can bring a certain level of anxiety. But relax! Running is a great activity for anyone to try, regardless of age or fitness level. We answer your questions -- and tell you how to get started.



#### How do I get started on a running plan?

First, plan your schedule so that you're sure to set aside time to devote to your new running routine. You can reap fitness rewards with just 30 minutes a day, three to five times per week.

When you start running, don't plan to go too far or too fast right away -- doing so is the number-one cause of injury among runners. Start by running for 20 minutes at a time, three times per week. Gradually increase the amount of time you're running and the number of days you run, but do not increase either until you feel comfortable completing your current level of training. If 20 minutes is too much, don't be afraid to take walking breaks. Perhaps begin by running for 4 minutes and walking for 1 minute, until you complete the 20 minutes. As you get stronger, begin eliminating the walk breaks.

When you're a beginner, it's not necessary to worry about how many miles you are running. Focus on the number of minutes instead. Gradually you'll begin to cover more ground in the same amount of time, and that's when you'll want to increase the

duration of your workout.

To view the rest of the guide on Running 101 [click here](#).

## **Recipe of the Week**

### **Steak Salad with Lemon-Walnut Vinaigrette and Whole Grain Roll**

#### **Ingredients**

- 3 ounces steak
- 1 lemon, juiced
- 1 tbsp. olive oil
- 2 tbsp. walnuts
- 1 tsp. Dijon mustard
- 3 cups baby spinach
- 1 whole-grain roll



#### **Directions**

Make it: Grill or broil steak until it reaches about 160 F (medium), and slice. In a blender or mini food processor, pulse lemon juice, oil, walnuts and mustard until smooth. Toss spinach and steak slices with dressing.

Serve with whole-grain roll.

Recipe provided by *Fitness Magazine*.

## **Success Story Spotlight**

## Susan Rush

Always the biggest, tallest kid in class, Susan went on and off diets for years. By joining a Live Healthy America group, she found motivation in the team environment—even winning a team leader award.

### How she lost weight

Made being healthy for her grandkids her daily motivation to stick with the program  
Modified favorite recipes to be healthier  
Stepped up her activity level slowly

### Tips from Susan

**Make small goals.** Susan found that too-big goals were overwhelming and kept her from moving forward. "If you have 100 pounds to lose, only think about losing 5 or 10 pounds at a time," she says.

**Shop around.** Look for low-calorie or low-fat foods that will help you with cravings.

**Share tips.** Susan and others on her team subscribed to diet Web sites, then shared information from those sites with the group.

**Plan for parties.** Eating well takes planning, Susan says. If you're going to a party, for example, bring your own low-calorie dessert to share.



*Diet Magazine*

## Did You Know...

A weight loss of five to seven percent of your body weight can greatly improve your overall health, quality of life, and can help prevent weight-related health problems. Changing your eating habits and increasing your physical activity are the keys to successful weight loss and a healthier tomorrow.

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treated right

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

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