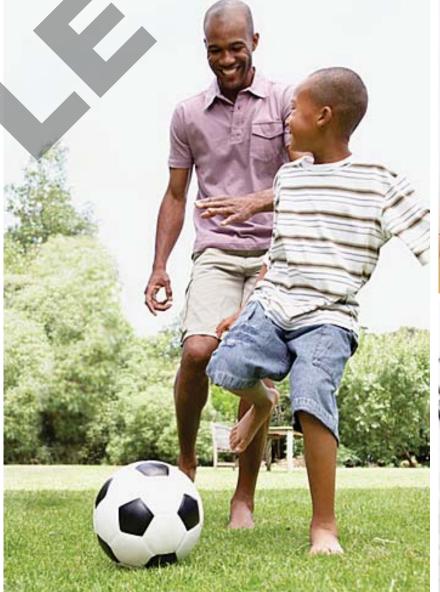
# BEST BITES 2013 SMALL STEPS BIG REWARDS









## What a healthy and balanced meal looks like:

## Healthy Portions

lean grains Fill half your plate with fruits and vegetables; choose red, orange dairy products the basis for your meals and snacks. Make vegetables, fruits, whole grains, and fat-free or 1% milk and

wpoje-drain product. Make half your grains whole. Swap a refined product for a and dark-green vegetables.

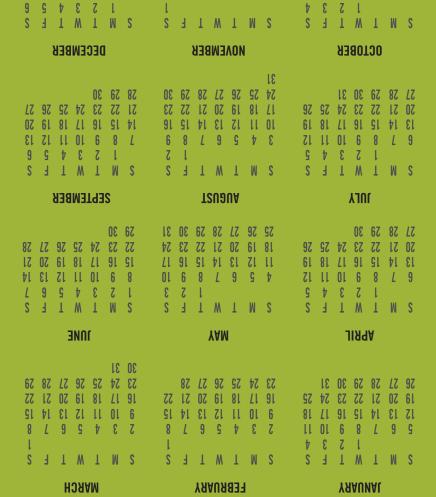
plate at least twice a week. turkey, beans, or tofu. Make seafood the main protein on your Opt for lean proteins, such as lean beef and pork, or chicken,

## Quick guide to calories burned in 10 minutes of activity

(www.shapeup.org/interactive/phys1.php) takes more energy (calories) to move more weight. Calculate your daily activities at Shape Up Americal The calories you burn through physical activity are affected by the type of activity and your weight — it

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prohibited. Customization is available. Advisors: Cara Rosenbloom, RD; Alice Lockridge, MS. © 2012, Oakstone@Publishing, LLC, dba Personal Best@ • 100 Corporate Parkway, Suite 600 • Birmingham, AL 35242

The content herein is in no way intended to serve as a substitute for professional advice. Unauthorized reproduction in any form of any part of this publication is a violation of federal copyright law and is strictly

vegetables

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21 22 23 24 25 26 27

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## READY, SET, GO ...

## Challenge yourself each month to:

- eat more fruits
- eat more vegetables
- watch your portions
- watch your calories
- cut the unhealthy fats -> drink more water
- cut sugar
- cut salt
- eat more whole grains -> cook at home more
  - be more active
  - → head outdoors more

## Got goals?

Set realistic fitness goals for the year. Getting started is quick, easy and inexpensive — take a brisk walk around your neighborhood after dinner.

## **Burn Calculator: Walking**



You can burn up to 40 calories for every 10 minutes you walk. Schedule a "Walking Meeting" for your next one-on-one or smallgroup meeting. Enjoy the sunlight and fresh air while you burn calories.



## Januar



#### MAKE A GREAT PLATE. Start with a healthful breakfast.

- For more fiber, choose whole fruit rather than juice.
- Top whole grain cereal with banana or mixed berries.
- Add sliced apple or pear to your toast and peanut butter.

| SUNDAY | MONDAY   | TUESDAY          | WEDNESDAY | THURSDAY | FRIDAY    | SATURDAY  |
|--------|--|------------------|-----------|----------|-----------|-----------|
|        |  | 1 New Year's Day | 2         | <i>3</i> | 4         | 5         |
| 6      |  | 8                | 9         | 10       | 11        | <i>12</i> |
| 13     | 14   | <i>15</i>        | 16        | 17       | 18        | 19        |
| 20     | <b>21</b> Martin Luther<br>King, Jr. Day<br>(U.S.) | 22               | 23        | 24       | <i>25</i> | 26        |
| 27     | 28   | 29               | <i>30</i> | 31       |           |           |

## REACH FOR THE HEALTHFUL FATS.

## Not all fats are bad for you.

- Monounsaturated fats (olive oil, canola oil, avocado) and polyunsaturated fats (corn, soy and sunflower oils, fatty fish) can help lower cholesterol levels when used in place of saturated and trans fats in the diet.
- Cut back on saturated fats (lard, highfat cuts of meat, ice cream) and trans fats (packaged foods, fried foods) from your diet because they raise cholesterol levels and increase heart disease risk.





## February 2013



### FIT IN FITNESS. Take the dog for a walk.

- Start with one 15- to 30-minute walk a day at an easy pace.
- As you and your pet get used to walking, challenge yourself by walking farther or walking faster.

| SUNDAY              | MONDAY                              | TUESDAY | WEDNESDAY                              | THURSDAY | FRIDAY    | SATURDAY                          |
|---------------------|-------------------------------------|---------|--|----------|-----------|-----------------------------------|
|                     |                                     |         |  |          | 1         | <b>2</b> Groundhog Day            |
| 3                   |                                     | •       | ·· · · · · · · · · · · · · · · · · · · | :        | 8         | 9                                 |
| 10 Chinese New Year | 17                                  | 12      | <b>13</b> Ash<br>Wednesday             |          | <i>15</i> | 16                                |
| 17                  | <b>18</b> Presidents'<br>Day (U.S.) | 19      | ••                                     |          | 22        | <b>23</b> Purim Begins at Sundown |
| <b>24</b> Purim     | <i>25</i>                           | 26      | 27                                     | 28       |           |                                   |

## **BALANCE FOOD AND FITNESS.**

## Calories in, calories out.

Depending on your activity level, age and gender, you might need more or less than the 2,000 calories the average person eats and drinks per day. The number of calories you eat and drink as well as the number of calories you burn affect whether you lose, gain or maintain weight. If you burn more calories than you take in, you'll lose weight. If they're the same, your weight won't really change.

## Make your calories count.

Don't blow your calorie budget on foods that lack nutrients. Opt for nutrient-dense fruit, vegetables, whole grains, fish, legumes and low-fat dairy products, which can help prevent heart disease, cancer and diabetes.



## Burn Calculator: 500 Rule

Lose one pound a week by cutting 500 calories a day using this guide:

- Burn 250 calories in activity, such as a 30-minute walk.
- Eat or drink 250 fewer calories, such as smaller portions and one less snack or beverage.

## March



### MAKE A GREAT PLATE. Steam fresh or frozen vegetables.

- Steam broccoli, green beans or carrots in a bowl with water in the microwave to preserve the vitamins, minerals and antioxidants.
- Wash fresh vegetables to remove dirt and surface microorganisms.

| SUNDAY                         | MONDAY                                     | TUESDAY            | WEDNESDAY | THURSDAY  | FRIDAY                | SATURDAY  |
|--------------------------------|--|--------------------|-----------|-----------|-----------------------|-----------|
|                                |  |                    |           | 7         |                       | 2         |
| 3                              | 4  | 5                  | 6         | 7         | 8                     | 9         |
| Daylight Saving Time Begins    | 11   | <i>12</i>          | <i>13</i> | 14        | <i>15</i>             | 16        |
| <b>17</b> St. Patrick's<br>Day | <i>18</i>                                  | 19                 |           | :         | <i>22</i>             | <i>23</i> |
| <b>24</b> Palm Sunday          | <b>25</b> Passover<br>Begins at<br>Sundown | <b>26</b> Passover | 27        | <i>28</i> | <b>29</b> Good Friday | <i>30</i> |
| <b>31</b> Easter               |  |                    |           |           |                       |           |

## TAKE CARE OF YOUR HEART.

## Keep proteins heart-friendly.

Here are some better-for-you high protein options: skinless chicken or turkey, fish, seafood, eggs, legumes (chickpeas, lentils, soybeans), nuts, seeds and lean meat.

## Make a great plate by:

- → Choosing broiled or baked over fried and breaded options.
- → Trimming or draining fat from meat.
- → Removing the skin from poultry.

## Simple Swap: Red Meat vs. Seafood



Switch red meat for 8 ounces of fish or seafood on your plate each week. Omega-3 fatty acids found in fish help boost your heart health by improving blood pressure and triglyceride levels.







### FIT IN FITNESS. Burn calories around the house:

- Common household tasks can help burn calories.
- Picking up your pace burns even more calories.
- Get your body moving and your heart pumping.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY   | THURSDAY  | FRIDAY    | SATURDAY |
|--------|--------|---------|---|-----------|-----------|----------|
|        |        |         |   | 4         |           | 6        |
| 7      | 8      | 9       | 10  | 11        | <i>12</i> | 13       |
| 14     | 15     | 16      | <b>17</b>   | 18        | 19        | 20       |
| 21     | 22     | 23      | <b>24</b> Administrative<br>Professionals<br>Day (U.S.) | <i>25</i> | <i>26</i> | 27       |
| 28     | 29     | 30      |   |           |           |          |



## FIND A WORKOUT BUDDY.

### Fit in fitness.

Everyone should do some form of physical activity daily — a total of 60 minutes for children and 30 minutes for adults. Exercise can improve your mood and overall health even in 10-minute increments.

### Get others involved.

Strategies to help keep you and others motivated:

- Ask friends, family or co-workers to join you.
- Make your workouts a social event.
- Encourage your family to join a sports team.
- Try a new physical activity with a group.

Together, you'll find easy ways to make fitness fun.







#### MAKE A GREAT PLATE. Keep a variety of fruit on hand.

- Set a bowl of whole fruit on the table, counter or in the refrigerator.
- Buy fresh, dried, frozen or canned (in water or 100% juice).
- Eat fruit every day with meals or as snacks.

| SUNDAY               | MONDAY                           |           | WEDNESDAY<br>7 | THURSDAY  2 | FRIDAY 3 | SATURDAY  4                   |
|----------------------|----------------------------------|-----------|----------------|-------------|----------|-------------------------------|
| 5 Orthodox<br>Easter | 6                                |           | 8              | 9           | 10       | 11                            |
|                      | 13                               | 14        | <i>15</i>      | <b>16</b>   | 17       | 18 Armed Forces<br>Day (U.S.) |
| 19                   | <i>20</i>                        | <i>21</i> | <b>22</b>      | <i>23</i>   | 24       | <i>25</i>                     |
| 26                   | <b>27</b> Memorial Day<br>(U.S.) | <i>28</i> | <i>29</i>      | <i>30</i>   | 31       |                               |

## MAKE YOUR MEALS HEALTHIER.

## Cook more meals at home.

Comfort food doesn't have to be unhealthy. Modify your recipes by substituting an ingredient or two with a healthier version. Try to eat at least three home-cooked meals each week. When you cook at home, you can control the amounts of salt, sugar and fats that go into your meals.

## Dining out?

Follow these tips to help you stay on track:

- → Look at the restaurant menu online (if available) and make your choices before you get there.
- Start with a light salad instead of reaching for the bread basket while you wait.
- Ask for condiments on the side and pass on the butter.
- Choose baked, broiled or steamed dishes.

## **Burn Calculator: Cooking**





There are 120 calories in a grilled, skinless chicken breast. Cooking for an hour can burn 120 calories. You can burn off some of your mealtime calories just by making it yourself.







### FIT IN FITNESS. Turn the music up and get moving.

Make a 10-song playlist. A song lasts about 3 minutes to give you about 30 minutes of tunes and fitness. Walking or dancing while you listen to your playlist from start to finish helps you stay energized and alert.

|                        | 2013      |           |           |            |                              |           |
|------------------------|-----------|-----------|-----------|------------|------------------------------|-----------|
| SUNDAY                 | MONDAY    | TUESDAY   | WEDNESDAY | THURSDAY   | FRIDAY                       | SATURDAY  |
|                        |           |           |           |            |                              |           |
| 2                      | 3         |           |           |            | 7                            | 8         |
| 9                      | 10        | 11        | <i>12</i> | <i>13</i>  | <b>14</b> Flag Day<br>(U.S.) | <i>15</i> |
| <b>16</b> Father's Day | <b>17</b> | <i>18</i> | 19        | <i>20</i>  | <b>21</b> Summer<br>Begins   | <i>22</i> |
| <i>23</i>              | <i>24</i> | <i>25</i> | <i>26</i> | <i>2</i> 7 | <i>28</i>                    | <i>29</i> |
| 30                     |           |           |           |            |                              |           |

## HAVE FUN, BE FIT, AND LIVE LONG.

## Raise your heart rate.

All adults should try to be physically active. Any physical activity is better than none, so get your body moving.

- Start at a comfortable level. It might seem like a small change but getting up and stretching your legs regularly makes a difference.
- As you get used to it and it becomes easier, you should be able to increase your speed, distance or time.

## Know the benefits of being fit.

Any amount of physical activity results in some health benefits. Studies show that regular physical activity decreases the risk for developing the following:

- depression
- diabetes
- → heart disease
- → high blood pressure
- → obesity
- → stroke
- → some types of cancer









Squeeze some lemon juice instead of adding salt to your dish. The lemon's tartness adds flavor to lean meats, fish, poultry, salads and vegetables without adding sodium.







### MAKE A GREAT PLATE. Cut back on added salt.

- Check food labels for the amount of sodium in the foods you buy.
- Choose unsalted, low-sodium and sodium-free items.
- Flavor foods with herbs and spices not salt.

| SUNDAY | MONDAY    | TUESDAY          | WEDNESDAY | THURSDAY                            | FRIDAY    | SATURDAY   |
|--------|-----------|------------------|-----------|-------------------------------------|-----------|------------|
|        |           | 2                |           | <b>4</b> Independence<br>Day (U.S.) |           | 6          |
| 7      |           | <b>9</b> Ramadan |           | 11                                  | 12        | <i>13</i>  |
| 14     | 15        | 16               | <b>17</b> | 18                                  | 19        | <i>20</i>  |
| 21     | <i>22</i> | <i>23</i>        |           |                                     | <i>26</i> | <i>2</i> 7 |
| 28     | <i>29</i> | <i>30</i>        |           |                                     |           |            |

## → FITNESS AND NUTRITION :: QUICK TIPS ←

#### TYPES OF FITNESS

Aerobic activities make you breathe harder and cause your heart to beat faster.



**Moderate intensity** activities: do at least 2.5 hours a week.

Try these: walking fast, dancing, doubles tennis and raking leaves.

**■ Vigorous intensity activities:** do at least 1 hour and 15 minutes a week.

Try these: jogging, jumping ▶ rope, swimming laps, or riding a bike on hills.

Muscle-strengthening activities make your muscles stronger.



**■■■** Muscle-strengthening activities: do at least 2 days a week.

Try these: push-ups, sit-ups • and lifting weights.

Target all major muscle groups: the legs, hips, back, stomach, chest, shoulders and arms.

Work out for at least 10 minutes at a time. Combine aerobic and muscle strengthening.



#### **BENEFITS OF BEING ACTIVE**

Physical activity increases your chances of living a longer healthier life. As well as helping you feel your best, exercise can also help:

- Control your blood pressure, blood sugar and weight.
- Raise your "good" cholesterol.
- Prevent heart disease, colorectal cancer and type 2 diabetes.

#### IS PHYSICAL ACTIVITY FOR EVERYONE?

Yes! People of all ages and body types benefit from physical activity. Even if you feel out of shape or haven't been active in a long time, you can find activities that will work for you.



#### **BEST BITES**

Choose vegetables, fruits, whole grains, fat-free or low-fat milk products, seafood, poultry, lean meats, eggs, beans, and foods with healthy fats (such as olive oil, oily fish, nuts, and avocado).

Avoid cholesterol, sodium (salt), added sugars, trans fats (found in cakes, cookies, stick margarines, and fried foods), and saturated fats (found in animal products such as cheese, fatty meats, whole milk, and butter).



#### My Monthly Food and Fitness Goals

#### Chilled Fruit Soup

#### **INGREDIENTS:**

4 cups watermelon 1 tsp fresh lime juice

1 tsp fresh lemon juice mint leaf

l cup cantaloupe, diced

1 cup blueberries 1 mango, diced peach, diced

#### PREP:

Salad

- Place watermelon, lime, lemon and mint in blender and blend until smooth.
- 2. Mix remaining fruit in a large bowl and top with juice mixture.
- 3. Chill until very cold. Serve garnished with fresh mint.

NUTRITION: Makes 5 servings.

Per serving: 133 calories • 2g protein • 1g • and • 3d fiber • 10mg sodium

#### **Apple Walnut Oatmeal**

#### INGREDIENTS:

¼ cup apple juice 1 cup diced apple

#### ¼ cup chopped walnut <sup>2</sup>/<sub>3</sub> cup rolled oats ½ tsp cinnamon

#### PREP:

- Place water, juice and apples in a medium-sized pot and bring to a boil.
- 2. Stir in the oats, walnuts and cinnamon.
- Reduce heat and simmer 5-10 minutes, depending on the consistency you like.

**NUTRITION:** Makes 2 servings.

Per serving: 244 calories8g protein • 11g fat • 31g carb • 6g fiber • 3mg sodium

Salad ingredients: 1 cup cucumber, peeled and

- 1 cup yellow bell pepper, chopped 1 cup cherry tomatoes, halved
- ½ cup sweet onion, finely sliced 2 tbsp fresh basil leaves, coarsely
- 1 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice /s tsp garlic powder
- Salad topping:
- l medium avocado
  - 2 tbsp grated Parmesan cheese

- 1. Gently combine salad ingredients. Set aside for 15-30 minutes.
- 2. Peel, chop and spoon avocado onto salad.
- 3. Top with Parmesan cheese

#### **NUTRITION:**

Makes 4 servings (about 5 cups total).

- Per serving: 126 calories • 11g fat • 3g protein
- 6g carb 3g fiber
- 57mg sodium

## **INGREDIENTS:**

1½-lb salmon fillet Sauce ingredients:

½ cup nonfat sour cream

1 tbsp fresh lemon juice

½ tsp Dijon mustard

½ tsp paprika

½ tsp minced garlic

#### PREP:

in the Pin

1. Place salmon fillet on a broiler pan; preheat broiler on high. Broil fish 5-6 inches from element for 15 minutes per ½ inch of fillet thickness; fish is cooked when it flakes.

2. While fish is cooking, make sauce. Serve with sauce on the side.

**NUTRITION:** Makes 4 servings (2 tbsp sauce each). Per serving: 392 calories

• 46g protein • 18g fat • 12g carb

• Og fiber • 164mg sodium



#### **INGREDIENTS:**

1 lb fresh asparagus (medium thickness) 8 oz sliced crimini or button

1 tbsp extra virgin olive oil 1 tsp fresh tarragon, chopped (or ¼ tsp dried)

& Mushrooms

- PREP: 1. Preheat oven to 425°F.
- 2. Break off asparagus ends and remove mushroom stems; clean vegetables, dry and place in a large plastic bag.
- 3. Drizzle oil into bag and add

- tarragon; seal bag and shake gently until ingredients are lightly coated with oil.
- 4. Place vegetables in a single layer on a large baking sheet.
- 5. Roast for 9-10 minutes until vegetables are crisp tender. Serve immediately.

#### **NUTRITION:**

Makes 4 servings. Per serving: 83 calories

• 5g protein • 5g fat

10g carp • 17mg sodium



#### INGREDIENTS:

3 medium zucchini (about 3 1/2 lbs) 1 tbsp olive oil

3/4 cup whole-wheat bread crumbs\* ¼ cup freshly grated Romano or Parmesan cheese

½ tsp garlic powder \*The finer the crumbs, the better they coat. Choose bread with whole wheat listed as a first ingredient.

#### PREP:

Roasted Zucchini Sticks

- 1. Slice zucchini into sticks (about 1 in. by 2 in.). Dry thoroughly with a paper towel; toss in a
- bowl with oil until well coated. 2. Mix last 3 ingredients in a plastic bag
- 3. Add zucchini sticks to bag, a few at a time, and shake to coat.
- 4. Place zucchini sticks on coated baking sheet and bake 30 minutes at 450°F or until golden brown. Tip: Check mid-way and turn sticks if you prefer, then continue cooking.

NUTRITION: Makes 4 servings

- Per serving: 82 calories • 4g protein • 5g fat
- 6g carb 1g fiber
- 2g sodium





## SIZE UP YOUR PORTIONS AND SERVINGS.

## Watch your portions.

Use a smaller plate, bowl and glass at meals to help you control your portions. Aim for more servings of vegetables and fruits and go for smaller portions of protein and grains.

## Portion control is easier when you:

- → Use measuring cups and spoons to serve your meals and snacks. It helps you see what portions look like on your plate as well as in your cups and bowls.
- Read food labels for serving and calorie details.
- Measure portions by using your fist as a guide
   a child's fist for a child's portion.

\*Healthful Hint: When measuring your food, be sure it is a level — not heaping — measure.

## Simple Swap: Serving Sizes

Get familiar with serving sizes:



A cup of veggies or fruit is about the size of two scoops of ice cream.

A 3-ounce serving of meat is about the size of a deck of cards.







#### FIT IN FITNESS. Take the 30-day Challenge.

Commit to 30 days of trying to become more physically active. Why? People who stick with something for half a year usually make it a habit and enjoy long-term success.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY              | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|-----------------------|--------|----------|
|        |        |         |           | 1                     | 2      | 3        |
| 4      |        | 6       | 7         | <b>8</b> Ramadan Ends | 9      | 10       |
| 11     | 12     | •       | 14        | 15                    | 16     | 17       |
| 18     | 19     | 20      | 21        | 22                    | 23     | 24       |
| 25     | • •    | ::      |           | 29                    | •      | 31       |

## OFF THE COUCH AND ON YOUR WAY.

## Change things up.

On the days you need extra motivation, do something different, something fun or something new. Try swapping your usual bus or car ride for a bike ride. Invite your friends, family or co-workers to join you for an adventure.

## Enjoy the ride.

The ride can be challenging or leisurely. As you build up strength and stamina, gradually increase the distance or your speed. Challenge yourself with new courses such as cycling uphill or going on a challenging bike trail. People who successfully lose weight and keep it off exercise 60-90 minutes a day.



## Simple Swap: Couch vs. Cardio



Swap watching TV for a childhood favorite — bike riding. Or, try a spinning class. Both activities burn calories and give you a great cardio workout. Choose the cycling style that's best for you.

## September 2013



#### MAKE A GREAT PLATE. Add color to your meals.

- Choose colorful vegetables to help brighten favorite recipes.
- Buy veggies in season for the best flavor and lower cost.
- Try a new vegetable you might like it!

| SUNDAY                    | MONDAY    | TUESDAY   | WEDNESDAY                             | THURSDAY  | FRIDAY                                       | SATURDAY             |
|---------------------------|-----------|-----------|---------------------------------------|-----------|--|----------------------|
| 1                         |           |           | Rosh Hashanah<br>Begins at<br>Sundown |           | 6 Rosh Hashanah                              | 7                    |
| <b>8</b> Grandparents Day |           | 10        | <b>11</b> Patriot Day<br>(U.S.)       | 12        | <b>13</b> Yom Kippur<br>Begins at<br>Sundown | <b>14</b> Yom Kippur |
| 15                        | 16        | <b>17</b> | <i>18</i>                             | 19        | 20   | 21                   |
| <b>22</b> Autumn Begins   | <i>23</i> |           | ••                                    | <i>26</i> | <i>2</i> 7                                   | <i>28</i>            |
| 29                        | <i>30</i> |           |                                       |           |  |                      |

## EAT MORE WHOLE GRAINS.

## Make simple swaps.

Try adding one whole grain to your meals and snacks. Start by eating brown rice instead of white rice or 100% whole-wheat bread instead of white bread. Whole grains help reduce risk of some chronic diseases (stroke, diabetes, heart disease, and obesity) and colorectal cancer.

## Make a great plate.

Eat at least 3 ounces of whole grains per day. An ounce is about:

- → 1 slice of whole grain bread
- → 1 cup of flaked or puffed breakfast cereal.
- → ½ cup of cooked brown rice or whole wheat pasta

Simple Swap: Chips vs. Popcorn







It takes 2½ hours to burn up the 900 calories in a 6-ounce snack bag of potato chips. It only takes 7 minutes of stair climbing to burn the 62 calories in 2 cups of plain popcorn.



## October 2013



#### FIT IN FITNESS. Sit less and move more.

- Work in up to 30 minutes of moderate activity, five times a week.
- Try getting your heart beating faster for 10 minutes at a time.
- Gently stretch your muscle groups before and after you exercise.

| SUNDAY    | MONDAY                           | TUESDAY   | WEDNESDAY | THURSDAY            | FRIDAY    | SATURDAY  |
|-----------|----------------------------------|-----------|-----------|---------------------|-----------|-----------|
|           |                                  | 1         | 9         | <i>3 10 24</i>      |           | <i>5</i>  |
| 6         | 7                                | 8         | 9         | <i>10</i>           | 11        | <i>12</i> |
| 13        | <b>14</b> Columbus Day<br>(U.S.) | <i>15</i> | <b>16</b> | <b>17</b>           | <i>18</i> | <i>19</i> |
| 20        | ••                               | 22        |           |                     | <i>25</i> | <b>26</b> |
| <b>27</b> | <i>28</i>                        | <i>29</i> | <i>30</i> | <b>31</b> Halloween |           |           |

## START THE DAY WITH SOME STRETCHES.

## When should you stretch?

Walk 5-10 minutes to warm up your muscles (never stretch cold muscles). Then stretch gently. Stretching after exercise also helps prevent muscle strain or injury and improve range of motion. For people who aren't active regularly, stretch at least three times a week to maintain flexibility and increase circulation.

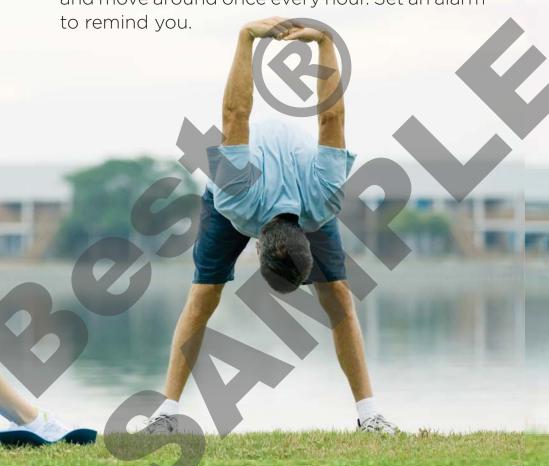
## Simple Swap: Soda vs. Water



Drink fewer sodas or sugar-sweetened drinks. Make flavored ice cubes from fresh citrus juice and add them to your water. Or, try adding a few crushed berries or your favorite herbs.

## Follow these tips:

- → Target major muscle groups calves, thighs, lower back and shoulders and problem areas.
- You should feel tension but not discomfort. If it hurts, ease up until the pain disappears.
- Other benefits of stretching include stress relief and improved joint range of motion.
- At work? Get up to stretch, swing your arms and move around once every hour. Set an alarm



## November



#### MAKE A GREAT PLATE. Snub added sugars.

· Save sugary desserts for special occasions.

- $\bullet$  Switch to cereals and snacks that are lower in sugar.
- Ditch ice cream and cake for fruit-based desserts.

| SUNDAY                             | MONDAY                        | TUESDAY   | WEDNESDAY                                  | THURSDAY                                  | FRIDAY    | SATURDAY |
|------------------------------------|-------------------------------|-----------|--|---|-----------|----------|
|                                    |                               |           |  |   |           | 2        |
| <b>3</b> Daylight Saving Time Ends |                               | 5         | 6  | 7   | 8         | 9        |
| 10                                 | <b>11</b> Veterans Day (U.S.) | <i>12</i> | <i>13</i>                                  | 14  | <i>15</i> | 16       |
| 17                                 | 18                            | 19        | 20   | <b>21</b> Great American<br>Smokeout      | 22        | 23       |
| 24                                 | <i>25</i>                     | <i>26</i> | <b>27</b> Hanukkah<br>Begins at<br>Sundown | <b>28</b> Hanukkah<br>Thanksgiving<br>Day | 29        | 30       |

PACE YOURSELF AND PLAN AHEAD.

## Keep pantry essentials on hand.

Organize your pantry by grouping dry and canned ingredients with your go-to recipes. Having healthy basics — such as beans, peas, whole-grain pastas, tomatoes, dried herbs and spices — on hand can help you prepare quick, hearty and healthful meals.

## Plan your meals in advance.

Start by preparing some items on your days off:

- → Wash, cut and prepackage vegetables (carrots, peppers and onions) to use later in the week.
- → Double or triple recipes when you have time.
- → Freeze half of soups and casseroles or divide into individual portions to heat and serve later.

## **Burn Calculator: Dancing**





Depending on the dance, you can burn at least 100 calories in half an hour. It also helps you stay flexible and relieve stress. Find the dancing style that's fun for you!



## December



#### FIT IN FITNESS. Try strength training.

- The more muscle you build, the faster your metabolic rate.
- Be sure you don't try to lift more weight than you can handle.
  Lift and lower weights in slow, controlled movements.
- **SUNDAY MONDAY TUESDAY** THURSDAY **FRIDAY** WEDNESDAY SATURDAY 2 1 **5** Hanukkah Ends Pearl Harbor Remembrance Day (U.S.) 8 11 12 13 14 16 18 19 20 Winter Begins 24 25 27 28 Christmas 26 Kwanzaa 29 *30* 31