



CONNECTIONS

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Simple Ways to Stay Fit & Healthy

Heart Health On the Go

Research has shown that certain nutrients can help prevent heart disease. Add these heart helpers to your lunch bag:

Vitamin C: Oranges and other citrus fruits, bell peppers, tomatoes and strawberries are high in this antioxidant (a substance that helps prevent damage to cells).

Vitamin E: Vegetable oils, nuts and wheat germ are high in this vitamin. Eat these foods in moderation because they are high in fat and calories.

Carotenoids: These nutrients, the best known of which is beta-carotene, are found in deep yellow, dark green and orange vegetables.

Omega-3 Fatty Acids: Eat plenty of fatty fish, such as salmon, mackerel and herring to get the benefits of these polyunsaturated fats. They are also found in soybeans and flaxseeds.

Fiber: Whole grains, oats, dried beans and unpeeled fruits are high in fiber.

Phytochemicals: These substances are found in many brightly colored fruits and vegetables, and also in green tea.

How Big Is a Serving?

You may be eating foods for good health, but are you eating the right amounts? Packages that contain more than one serving and extra-large restaurant portions can be misleading. Use these measurements as a guide:

One serving of lean meat or tofu =
a deck of cards or the palm of your hand

One serving of other protein =
1/2 cup cooked dry beans, 1 egg, 2 tablespoons peanut butter

One serving of cheese =
the size of your thumb

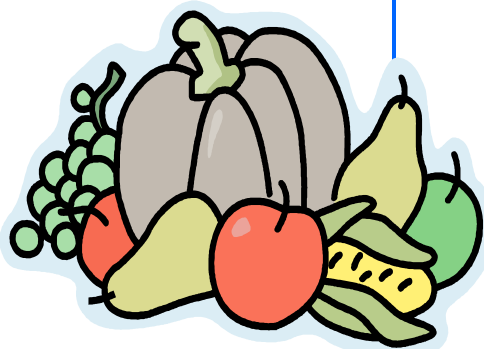
One serving of dairy =
1 cup of milk or yogurt

One serving of dry cereal =
1/2 cup

One serving of fruit =
1 medium piece of fruit, 1/2 cup chopped fruit, 3/4 cup fruit juice

One serving of vegetables =
1 cup leafy greens, 1/2 cup other vegetables, 3/4 cup vegetable juice

Tip: Read labels to find out how many servings packaged food contains.



Have a Safe & Healthy Summer

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Earth's Easiest Exercise:



You may think you don't have the time or money to exercise, but here's a fitness activity that fits nearly everyone's schedule and budget: walking. After just two weeks of walking regularly (30-45 minutes three or four times a

week), you will notice that you have more energy, more leg strength and improved muscle tone, and that you don't get winded as easily.

Fitness Bits:

Research has shown that short stretches of activity that add up to 30 minutes or more per day are nearly as beneficial as working out for a straight half-hour. Find ways to all movement to your life all day long: take the stairs ... play ball with the dog or the kids ... take 10-minute walks on breaks.

Make Exercise a Habit

What will 30 minutes a day get you? You'll experience many benefits, for both your body and your mind. Here are some of the **rewards** of regular exercise.

- Feeling happier
- Weight loss
- More energy
- Better sleep
- Healthier heart
- Less stress
- Looking and feeling younger
- Better-tasting food
- Lower cholesterol
- Healthy bones, muscles and joints

Fascinating Facts About Fitness

Every time that little voice in your head says "I don't feel like exercising today", think of one of these facts:

- You burn 50 to 100 calories an hour even when sitting still—imagine what a little movement can do.
- Poor diet and inactivity account for 250,000 preventable deaths in the U.S. each year.
- One-fourth of Americans are not active at all; more than half get some exercise, but not enough to protect their hearts.
- It's never too late—studies show that even if you haven't exercised for a long time, achieving just a moderate level of fitness lessens your risk of heart disease.
- Muscle burns more calories at rest than fat. So, if you lose fat and build muscle, you'll burn more calories even while sitting still.
- Low blood-sugar levels can make you feel too tired to exercise. Have a half a bagel or a hard-boiled egg before your exercise session if you're feeling sluggish

A Guide to Nighttime Eating

You can avoid heartburn, diarrhea and other digestion problems by eating the right foods when working the night shift. Use this chart to help you with your food choices:

Avoid:	Choose Instead:
Fast food and processed foods	Vegetables and fruits, low-fat dairy products
Fried foods	Broiled, baked, steamed or grilled skinless chicken, fish or tofu
Pastries and doughnuts	Whole grain breads and cereals
Spicy foods	Low-sodium soup, pasta, rice
Caffeinated or carbonated drinks	Water, herbal tea, fruit juices
