



# Update

Health and Fitness News for Our Clients

## Eight Rules For Eating For a Better You

Still need a little help losing those New Year's Resolution pounds? Maybe you need to evaluate your diet—and your attitude—once again.

Most diets focus on one thing: pounds lost. Why? Because we really, really want to look good, fit into those slim jeans, and have flatter abs and thinner thighs. But this year, tweak your resolution a bit. Resolve to eat right and exercise so you feel better, not weigh less. **Old Think:** I'm going to lose weight this year. **New Think:** I'm going to feel better—and younger—than ever this year. Here are eight rules for a fitter, healthier, and younger-feeling you.

**1. Eat when you're hungry.** And eat often, so you're never famished. But have your last meal at least three hours before bed.

**2. Change your plates.** Switch to 9-inch plates for meals, not the usual 11- or 13-inch variety. Smaller plates = smaller portions.

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## Greek Food Is Smart Food

A Mediterranean diet makes your heart happy *and* provides another benefit: a healthier memory.

Trying to eat more like a Greek—that is, simply enjoying *more* fish, fruits, veggies, whole grains, and legumes than most Americans usually do—may be as good for your brain as it is for your heart. In fact, new research shows it could reduce the risk of Alzheimer's by up to 40 percent.

What makes the Mediterranean diet so kind to your mind? Researchers suspect it's a combination of the high levels of vitamins C and E, healthy monounsaturated fats, and flavonoids in this seaside fare. All help keep arteries healthy, and that keeps blood flowing steadily to the brain. This mix of nutrients also fights oxidative stress and inflammation, two processes strongly linked to Alzheimer's disease.

In fact, some of the most potent inflammation-fighters (omega-3 fatty acids) are in fish, a staple of the Mediterranean diet. These fatty acids may help prevent Alzheimer's and slow the rate of mental decline in those who already have very mild forms of the disease. Get your fill of these good fats by eating fish twice a week or taking fish-oil supplements.

The benefits of going Mediterranean (think southern Italian, too) extend to your appetite as well. People who graze on couscous, falafel, chopped Greek salad, and other traditional Mediterranean dishes tend to consume fewer calories throughout the day, so you'll stay sharp *and* eat less!

Check out the Recipe of the Month on page 4 of this issue for a great Mediterranean fare.

*from RealAge Health News,  
www.realage.com*

## Make Family Time Fitness Time

Want to exercise more but don't want to give up family time? Then make it a family event. Go for a walk with your significant other. Or if you're more competitive, play one-on-one basketball, race around the block, or see who can bike up the highest hill in the neighborhood the most. You can play on the playground with your kids—or without kids as long as you're not endangering anyone. Try the monkey bars for the first time since childhood. It's not as easy as the wee ones make it look. If you are trying to involve the kids, here are some tips from the American

Council on Exercise and the Centers for Disease Control and Prevention to make it more fun for everyone.

**1. Avoid the word "exercise."** Instead, just look for ways to be physically active. "It doesn't have to be formal or use specialized equipment," said Debi Pillarella, youth fitness spokeswoman for the American Council on Exercise. Go for a walk together after dinner, for example.

**2. Keep it short.** Plan several activities rather than one long sustained exercise time.

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# Test Your Veggie IQ

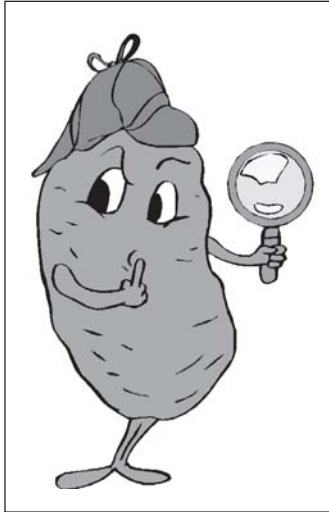
Test yourself with these fun facts about your favorite vegetables.

## True or False?

**1. Yam is another word for sweet potato.** FALSE. The yam (*Dioscorea Species*) is a tuber, or underground stem, completely unrelated to the sweet potato (*Ipomoea batatas*). Yams are starchier and grow mostly in tropical climates (some up to seven feet!). They aren't grown commercially in the U.S. and what are often labeled "yams" are in fact sweet potatoes. Sweet potatoes are sweeter and moister. Neither yams nor sweet potatoes are related to the common potato, either. Both are high in potassium and fiber, although the sweet potato is higher in calories.

**2. The first eggplant in America was grown by Benjamin Franklin.** FALSE. The first eggplant was ac-

tually grown by Thomas Jefferson. He is believed to have brought the plant from France, where eggplant was popular. Jefferson, a horticulture enthusiast, began growing it in his own extensive garden. He also was known for developing many strains of tomatoes that would ensure a longer harvest period and is often credited with introducing the French fry to American cuisine.



**3. Elephant garlic is not really garlic at all.** TRUE. Not really garlic on steroids, elephant garlic (*Allium ampeloprasum*) is actually part of the leek family. The flavor of its cloves is similar to garlic and it is often grown in gardens to discourage pests.

**4. Boiled veggies contain more water than fresh.** FALSE. While they may seem more waterlogged, boiled vegetables contain less water. The heat releases much of the water retained in their cells in their raw state.

**5. Egyptians replaced the eyes of mummies with onions.** TRUE. The ancient Egyptians believed that onions warded off evil spirits, so the eyes of the dead were often replaced with onions to protect them against demons in the afterlife. The Egyptians would also have people place their hand on an onion when swearing to something. The walls of the pyramids are filled with paintings of onions, as they also believed the concentric circles of the onion symbolized eternity.

*adapted from www.beachbody.com*

*Family time, continued from page 1*

**3. Give kids time to rest.** They don't know how to pace themselves as well as adults.

**4. Let kids pick the activity.** It's fun to introduce kids to your favorite sports, but let them choose sometimes, too. They'll get a kick out of seeing their parents learn something new.

**5. Look for group activities.** Socializing with friends helps engage kids.

**6. Find outings that encourage conversation.** One-on-one time with mom and dad can make biking or hiking fun for kids.

**7. Play backyard games.** Go low-tech and play tag, capture the flag or kickball.

**8. Keep a ball or disc in the trunk.** Pull them out at the park for active fun.

**9. Be creative.** Young kids enjoy using their imaginations along with their muscles. Suggest they run like a tiger or jump like a kangaroo.

**10. Encourage, don't pressure.** Enticing kids with fun activities works better than shaming them about being overweight or out of shape.

## They're Listening!

Over the last year, *Update* has printed several articles about the evils of Trans Fats and the need to reduce or eliminate them, as well as saturated fats, from your diet. Several fast food chains and snack food companies are taking steps toward drastically reducing both fats in their foods. Check the websites for your favorite fast food stop or snack food to see what they're doing to make your indulgences a little more healthful.

## From the Office

For EveryBodyFitness is gearing up for the summer aqua season. If you would like to add aqua programming to your site, please contact the office.

We are expanding to Loudoun County, VA! Please contact the office if you would like to refer a site in Loudoun County.

For handcrafted art from the heart, visit [www.from-the-heart-pottery.com](http://www.from-the-heart-pottery.com).

*Eight rules, continued from page 1*

### **3. Eat these every day:**

- a. Nine handfuls, total, of fruits and vegetables
- b. At least 1 ounce of nuts (a small handful)
- c. High-fiber whole-grain bread or cereal, especially in the morning

**4. Eat fish at least 3 times a week** ideally salmon, mahi mahi, tilapia, catfish or flounder.

**5. Be a hot tomato.** Eat at least 10 tablespoons of cooked tomato products (ketchup, marinara sauce) a week for a healthy dose of the antioxidant lycopene, which can decrease the risk of prostate and other cancers.

### **6. Avoid these like a hot potato:**

- a. Anything that contains trans and/or saturated fats
- b. White foods—white bread, white rice, white pasta, creamy sauces—white tends to go with foods that are highly processed, high fat, or both
- c. Products that list simple sugars, including high fructose corn syrup (HFCS), in the first few ingredients; they put your blood sugar on a roller coaster that makes you crave high-calorie foods

**7. Before you eat, drink.** Have 1 or 2 glasses of water before every meal to help fill you up.

### **8. Take daily:**

- a. Vitamins and minerals that contain at least 800 micrograms of folate, 400 IU of vitamin D, 1,200 milligrams of calcium, and 400 milligrams of magnesium.
- b. If you don't eat fish, an omega-3 supplement that contains 2 grams of these heart-healthy fatty acids.

*from RealAge Health News,  
www.realage.com*

## **More Benefits Of Green Tea**

### **Green Tea Sparks Your Metabolism**

Green tea has had more than its fair share of good press lately, with several studies touting its protective effect against heart disease, rheumatoid arthritis and tumors.

The American Journal of Clinical Nutrition reported on small study out of Switzerland that said green tea may have the power to raise metabolic rates, speed up fat oxidation, and help people lose weight.

Ten healthy men consumed either green tea extract, which contains 50 milligrams of caffeine, 50 milligrams of caffeine alone, or no caffeine at all. Only the group that consumed the green tea extract showed any increase in metabolic rate.

Researchers suspect that the powerful antioxidants found in green tea, along with the caffeine, are responsible for its higher fat-burning effects.

## **Make Good Use Of Your Commute**

Many of us spend hours and hours in our car every week commuting to work, school, activities, running errands, the list goes on and on. And many of us sit there and think "I could be accomplishing so much during this time." So why not try? It might not work for your daily commute, but maybe you could bike to the store. Or run to the post office. Or walk to and from the restaurant at lunchtime. If there is a safe route to run or bike to work, take advantage of it whenever you can.

In 1972, the federal government began programs to increase alternate means of transportation to work. The U.S. Department of Transportation and the President's Council on Physical Fitness published *Bicycling for Recreation and Commuting*, which described government and grass root involvement in the promotion of bicycling as a form of transportation. The publication also covered issues including bicycle safety, commuting and recreational trails, and the steps involved in the development of a "model bicycle city."

Today interest in the issues of walking and biking for transportation and the development of communities de-

signed for such options is greater than ever. The Departments of Agriculture, Health and Human Services, Interior, Transportation, and the U.S. Army Corps of Engineers are working together to promote the use of recreational trails and other public lands and waters as places to engage in recreational and physical activities, for commuting and fun.

The establishment of the National Safe Routes to School program (funded by Congress in 2005 through the federal transportation bill) and subsequent development of the National Center for Safe Routes to School emphasize the importance of creating safe communities where children and adults can safely walk or bike to and from school grounds.

There are many partnerships on the State and local levels bringing together the health, recreation, transportation, and planning fields to encourage the development or promotion of public spaces that are activity-friendly. The increase in resources and national professional meetings focusing on this and related topics is proof that the public is taking note. Check out your local government's website for information about local programs.

# Recipe Of the Month: Mediterranean Portobello Burger

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Try this vegetarian-friendly recipe for your first cookout of the season.

**1 clove garlic, minced**  
**1/2 teaspoon kosher salt**  
**2 tablespoons extra-virgin olive oil, divided**  
**4 portobello mushroom caps, stems and gills removed**  
**4 large slices country-style sourdough bread, cut in half**  
**1/2 cup sliced jarred roasted red peppers**  
**1/2 cup chopped tomato**  
**1/4 cup crumbled reduced-fat feta cheese**  
**2 tablespoons chopped pitted Kalamata olives**  
**1 tablespoon red-wine vinegar**  
**1/2 teaspoon dried oregano**  
**2 cups loosely packed mixed baby salad greens**

Preheat grill to medium-high. Mash garlic and salt on a cutting board with the side of a knife until it's a smooth paste. Mix the paste with 1 tablespoon oil in a small dish, then lightly brush the oil mixture over portobellos and then on one side of each slice of bread. Combine red peppers, tomato, feta, olives, vinegar, oregano and the remaining 1 tablespoon oil in a medium bowl. Grill the mushroom caps until tender, about 4 minutes per side; grill the bread until crisp, about 1 minute per side. Toss salad greens with the red pepper mixture. Place the grilled mushrooms top-side down on 4 half-slices of the bread. Top with the salad mixture and the remaining bread. Serves 4



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