

September 2012 Newsletter

Burn 100 Calories in 10 Minutes

Too busy to exercise? It's easy to feel that way, particularly if you're trying to follow the exercise guidelines, which suggest an hour a day most days of the week. However, experts have found that short workouts, two or three 10 minute workouts a day, for example, can be just as effective as longer workouts. The key is to focus on intensity and use your time wisely. The sample workouts below offer a variety of cardio and strength ideas to get the most out of your exercise time. Substitute exercises to fit your fitness level and don't forget to warm up, cool down and stretch after each workout.

Your 10-Minute Cardio Blast

To get the most out of 10-minute cardio workouts, you'll need to work harder. Make sure you're warmed up before high impact exercise and do each exercise as hard and fast as you can, keeping good form:

- 1 minute - Brisk walk or march in place
- 1 minute - Light jog in place or outside, moving the arms up and down
- 1 minute - Jumping jacks
- 30 seconds - Long jumps - jump forward, landing with both feet, turn around & jump back
- 30 seconds - Jog in place
- 30 seconds - Long jumps
- 30 seconds - March in place
- 30 seconds - Burpees - squat placing hands on the floor in front, in an explosive movement, jump your feet out behind so that you're in a pushup position, jump feet back to the squat
- 30 seconds - Mountain climbers - Begin in a pushup position on the hands & toes. Bring the right knee in towards the chest, resting the foot on the floor. Jump up & switch feet in the air, bringing the left foot in & the right foot back. Continue alternating the feet.
- 30 seconds - March in place
- 30 seconds - Burpees
- 30 seconds - March in place
- 30 seconds - Jog in place
- 1 minute burn: Squat jumps
- 1 minute - Slow march in place to cool down

If you're feeling creative, make your own workout using some of the activities listed below. Each exercises will burn about 100 calories (depending on your weight, fitness level, and intensity) in 10 minutes: * **Running** - About 1 mile * **Jumping rope** * **Stepping** - 30 steps per minute, 7 in. step *

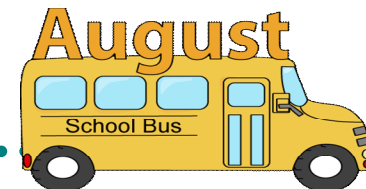
Cycling - 13 mph * **High-impact aerobics** * **Running up stairs**

<http://exercise.about.com/od/cardioworkouts/l/aaburncalories.htm>

And the Winner is...

Caroline Underhill...

for the
month of...



Health Fun Facts

1. Kissing an infection-free partner is good for your teeth!
2. Staying awake for 17 hours is the same for your body as drinking 2 glasses of wine.
3. Quick naps not only improve your alertness, but they also help in decision making, creativity and sensory perception.
4. Redheads require up to 20% more anesthesia to be knocked out.
5. It's possible to die from a broken heart; it's called Stress Cardiomyopathy.
6. Fidgeting can burn about 350 calories a day.
7. It is possible for you to survive even after the removal of the spleen, the stomach, one kidney, one lung, 75% of the liver, 80% of the intestines, and almost every organ from the pelvic and groin area.
8. A human being loses an average of 40 to 100 strands of hair a day.
9. One or two alcohol drinks a day can be anti-inflammatory.
10. It has been shown that caffeine causes headaches when stopped suddenly and can cause morning headaches that are relieved by a dose of caffeine.
11. The levels of two stress hormones, cortisol and epinephrine which suppress the body's immune system, will actually drop after a dose of laughter.
12. Curvy hips indicate smart women who will deliver intelligent children.
13. Having sex can make a woman look younger and more attractive due to the release of estrogen and collagen.
14. Your heart will pump about 212 million liters in its lifetime.

<http://www.funfactz.com/health-facts/>

- * 1/2 cup walnuts
- * 1/2 cup cashews
- * 20 dates
- * 1 1/2 Tbsp lemon juice [or water if don't have this]

Optional: cacao powder, hemp seeds, cinnamon, coconut flakes for topping

Calcium Content Chart

				
3/4 Cup Broccoli 50mg	1 Medium Orange 50mg	3/4 Cup of Almonds 75mg	10 Dried Figs 150mg	1/2 Can of Salmon 250mg

DATE BALL INSTRUCTIONS

1. Blend the dates and lemon juice for about a minute until it turns into a paste.
2. Chop nuts in a food processor on high until so fine that they almost turn into flour.
3. Using your hands and fingers to roll 1 tbsp of date paste into the nuts until it forms a ball. Then lightly roll that ball again through the chopped nuts or desired topping.
4. For a truffle look use raw cacao powder or opt for sesame seeds, hemp seeds or crushed nuts.

5. Refrigerate balls for about 2 hours.
Date balls are a great source of healthy fats, fiber and carbohydrates. They are also gluten free, sugar free and require no baking. Enjoy!



5 Easy Ways to Live Healthy in September

1. **Get a leg up on varicose veins.** You can battle bulging blue veins by eating dark leafy greens such as kale. The vitamin K in these veggies activates a protein called matrix GLA that supports vascular health, a recent study shows.
2. **Rest up before hitting the road.** Labor Day weekend is one of the deadliest for drivers. Since 60 percent of people admit to driving while drowsy — a major cause of accidents — stay safe by catching some z's (and, of course, skipping the booze) before you get behind the wheel.
3. **Be a little catty.** It's been said that cats have nine lives, and new research shows they can help extend *your* life, too. Owning a cat could slash your risk of heart attack by almost a third. How? Your kitty may help relieve stress and anxiety — two heart disease risk factors. So help save a cat's life and your own: Now is the purr-fect time to adopt since shelters are overwhelmed with homeless cats.
4. **Don't buy into the highfalutin diet hype.** What's up with the slew of new diet books named after ritzy places? For "hardworking people who don't have time to diet," there's The Wall Street Diet, and for advice on how the rich stay thin, there's The Hamptons Diet. If it's a lifetime of beauty and health you're after, The Park Avenue Diet may be for you. The Sonoma Diet promises a trimmer waist and better health in only 10 days, while The Laguna Beach Diet says it's a guide to painless and sustainable weight loss. Though most of these plans offer smart tips, some promise unlikely results. So why not choose a tried-and-true plan like the Mediterranean diet, or one that's even simpler? **It's called "eat less, exercise more."**
5. **Take a load off.** You know the shooting pain that comes from schlepping a heavy purse? Here's why it happens: "Straps compress the auxiliary vein, causing high blood pressure, numbness, tingling, pain, and weakness in the arm," says Tim Neuschwander, M.D. In a study he conducted, adults who wore a 28-pound backpack for 10 minutes experienced an almost 50 percent decrease in blood flow through the blood vessels in their arms. "And carrying a 13-pound purse for 10 minutes may have a similar effect, since it's resting only on one shoulder," he says. Try lightening your load a little, or distribute weight more evenly with an ergonomic purse.
<http://www.redbookmag.com/health-wellness/advice/easy-health-tips>