

OREGON CARE CENTER

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SHAPE UP CHALLENGE

Congratulations!

You've made the commitment to become a better and healthier you in 2012. Furthermore, you've made it through the first month and you're still on the right track. Over the next 8 weeks you may be put to the test and some may be tempted to fall back into bad habits. So, together, we will kick the bad behaviors and develop better ways of living. Log on to www.tiffanycare.com/TCCOCCshapeup2012.html for weekly team and individual results, see progress updates and chat or challenge one another!

4 secrets of lasting weight loss

- **Eat Breakfast.** A good breakfast will set you up to make healthier choices throughout the day and will keep you from getting too hungry and overeating at lunch.
- **Watch less than 10 hours of TV per week.** Between watching TV and using the computer, the average adult logs in almost five hours of screen time per day. By replacing tube time with a hobby or light housekeeping, you'll probably burn between 100 and 200 additional calories per day.
- **Get at least 60 minutes of physical activity every day.** Sixty minutes may sound like a lot, but that's the equivalent of just one TV drama.
- **Weigh yourself at least once a week.** Stepping on the scale will give you a reality check and strengthen your commitment to healthy eating.

A friendly reminder may be all you need to stay fit

An encouraging phone call, email or quick text message may be enough to get you off the couch and into the habit of regular exercise. In a study of would-be couch potatoes, people who received regular live phone calls with gentle reminders to exercise increased their average weekly activity from 1 hour and 40 minutes to 2 hours and 58 minutes, by the end of the year. "Whether it's smoking, alcohol abuse, or lack of activity, people trying to change unhealthy habits generally need something more than will power." "Social support doesn't need to be constant...A light touch can have a lasting effect" reports Dr. Abby King, Stanford University researcher.

For another option to seek support in your endeavor to lose weight and become a healthier person, our website has a link to blog your thoughts, comments, successes or struggles to each other.



How to Maximize the Food Value in Fruits & Veggies

1. Choose dark, bright colors. Red leaf lettuce has more nutrients than iceberg lettuce. Darker orange carrots may contain more beta carotene. Blueberries, strawberries and raspberries are rich in health-promoting antioxidants.
2. Steam, stir fry, or oven roast veggies.
3. Take care not to overcook. To retain the most food value, veggies should be slightly crunchy.
4. Buy only as much fresh produce as you'll be able to eat within a few days.
5. Eat the skins on apples, potatoes and stone fruits like peaches and nectarines.
6. Use Canola or Olive oil in cooking. These are high in heart healthy monounsaturated fats. If you want to reduce calories, cut down on fat by using spray-on oils or sautéing foods in chicken or vegetable broths.



Keep It Up...Exercise and a healthy diet are the best ways to make lifelong changes.

