

Food for Thought

April 23, 2010

Tips and Thoughts to keep you on track!

By: Dana Tureski, Recreation Director (547-2810)

Simple Ways to Live a Healthy Lifestyle: Now and in the Future

Some of us try to make drastic exercise and eating plans that are either intimidating or unmanageable. The fact is, drastic changes almost always lead to failure. The trick to healthy living is making small changes towards an overall goal...taking more steps, adding fruit to your cereal, having an extra glass of water... these are just a few ways you can start living healthy without drastic changes, then slowly work towards lifelong changes when living well becomes a routine.

Exercise

The truth is, movement is movement and the more you do, the healthier you'll be. Simple ways to get your body moving are:

- Turn off the TV:* Twice a week, turn off that TV and do a family activity: play games, take a walk, almost anything is more active than sitting on the couch!
- Walk more:* Find ways to add walking into your daily routine (picking up mail, coffee break walks, etc.).
- Do some chores:* These activities may not be vigorous exercise, but they can keep you moving and getting the house in order.
- Pace while you talk:* When on the phone, pace around or do some cleaning while chatting.
- Be aware:* Make a list of all the activities you do in a day. This will help you notice when you sit the most, and how to add little breaks of activity to keep you mobile through the day.

Eating

I know I have stated ways to get the most out of what you eat and other ways to make sure your portions are reasonably sized. I can't stress enough how important those small changes can be to your eating habits! Here are a couple more tips for improving your diet:

- Eat more fruit:* Add it to cereal, salads, or even dinners.
- Sneak in more veggies:* Add wherever you can—a tomato on your sandwich, peppers on pizza, or pre-cut veggies for quick snacks.
- Eat low-fat or fat-free dairy:* Switching to skim milk or fat free yogurt is a small change that decreases some of those calories.
- Make substitutes:* Pick 3 foods you eat every day. Write down the nutritional content and next time you're shopping, find lower-calorie substitutes for those 3 items. Next time, pick another 3, etc.

Laugh a Little!



HEY DUDE, WHEN I SAID "CURLS MIGHT HELP", THAT'S NOT WHAT I MEANT.

Biggest Loser Awards

We are reaching the end of the Biggest Loser Weight Loss Competition! With only one more weigh in to go, I'm sure you have all noticed your pants fitting differently or at least feel healthier and more confident in your skin!

On May 7th from 6:00—7:00 p.m. at the Recreation Center, come meet all the participants and help congratulate the winning individual and team!

Bring your favourite snack you enjoyed throughout the competition for everyone to try, and then taste other's favourite dishes as well.

Thank you in advance for making this competition a great experience for all.

Trying to find a creamy soup recipe that is filling, yet not filling up your calorie intake?

Try Cream Corn Chowder!



Ingredients:-

- 3 bacon slices
- 1/4 cup fine chopped onion
- 1/4 cup fine chopped carrot
- 2 cups milk
- 1 tbsp. chicken bouillon powder
- 2 tbsp. all purpose flour
- 2 cans of cream-style corn (10 oz.)
- 1/2 cup fresh (or thawed) kernel corn
- Sprinkle of pepper
- Chopped fresh chives for garnish

Now Make It!

- FRY bacon in saucepan until crisp. Remove to paper towel to drain. Drain, leaving 1 tbsp. drippings in saucepan. Add onion and carrot to reserved drippings. Sauté on medium for about 5 minutes until tender-crisp.
- COMBINE milk and bouillon powder in small bowl until powder is dissolved.
- SPRINKLE flour over onion mixture. Stir. Add milk mixture and bacon. Add remaining 3 ingredients. Heat and stir until mixture is boiling and thickened. Sprinkle chives over individual servings.

Makes: 6 servings (1 cup each) **Calories:** 167

STAY POSITIVE! 😊