

Food for Thought

April 9, 2010

Tips and Thoughts to keep you on track!

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

10 Benefits to Exercise other than just "Looking Good"

The greatest challenge in creating a permanent exercise habit is finding the right motivation for you. Motivation is different for everyone. However, here's a couple of benefits for you to consider and help you stick to your workout schedule, for other reasons than looking good.

- Clarity and Concentration:** The more consistently you exercise, the less prone you'll be to grogginess and lapses in concentration. Writers block? Go for a nice walk and you'll feel more focused.
- Testosterone:** This is mostly for men and weight training. When you lift weights, your muscles produce testosterone giving you the energy, stamina, and aggressiveness you need to take on the world.
- Reflection:** Let exercise be your time to let your mind unwind while your body does the work.
- Enjoyment:** Whether it's the chance to get out of the house, spend time outdoors or partake in a sport you enjoy, exercise should not feel like a chore but rather an enjoyable part of your day.
- Cleansing:** Sweating regularly through exercises removes built up toxins and will help you feel more comfortable.
- Better Sleep:** Sleep is brought on by chemicals released in your body. The more sugar you burn (by work out) the more chemicals are released, helping you sleep deeper.
- Longer Life:** Exercising is an investment for life. People who exercise regularly live longer and stay healthier just by keeping the body active through regular activity.
- Stress Relief:** Considering many of the benefits listed above (cleansing, reflection, physical outlet of frustration) exercise seems to relieve built up stress that may have occurred throughout the day.
- Superior Strength and Endurance:** Gaining weight can actually throw off your balance and make everyday tasks difficult and uncomfortable. Stay fit to keep your endurance and strength at peak levels.
- Self Confidence:** Who can deny looking good makes you feel good? Using the benefits above can help you stick to that workout and feel good about doing it, whichever motivator you choose.



Variety of Vitamins

Essential vitamins and some of their functions!

Vitamin A	Build healthy eyes, healing of infections	Carrots, yams, pumpkins
Vitamin B1	Required for healthy nerve function	Whole grains, rice, beans, poultry
Vitamin B2	Helps with forming red blood cells	Leafy greens, fish, milk products
Vitamin B3	Helps promote healthy skin	Broccoli, eggs, dates, tuna, liver
Vitamin B5	Helps release energy from foods	Lean meats, legumes, whole grains
Vitamin B6	Essential for nervous system function	Whole grains, bananas, chicken
Vitamin B9	Synthesis of DNA and protein	Beans, leafy greens, pork, mushrooms
Vitamin B12	Helps break down fatty acids	Ham, clams, salmon, dairy
Vitamin C	Antioxidant; assists body in vitamin use	Citrus fruits, onions, strawberries
Vitamin D	Aides in bone and tooth growth	Sunlight, milk, salmon, sardines
Vitamin E	Protects body cells; Antioxidant	Whole grains, nuts, spinach, seeds
Vitamin H	Metabolism of carbohydrates	Legumes, nuts
Vitamin K	Essential in blood clotting process	Leafy greens, broccoli, cauliflower

Looking for a fish recipe with a little more flavour?

Try Baked Salmon with Tomatoes, Spinach, and Mushrooms!

Ingredients:-

- 4 salmon fillets
- 2 cups chopped spinach leaves
- 1 cup sliced fresh mushrooms
- 1 tomato, chopped
- 1/3 cup Sun-Dried Tomato Dressing

Now Make It!

- HEAT oven to 375 degrees Fahrenheit
- PLACE fish fillets, skin-sides down, in 13x9 baking dish sprayed with cooking spray.
- COMBINE remaining ingredients, spoon over fish. BAKE 20-25 min or until fish flakes easily with fork.

Serve with rice to round out the meal!

Prep time: 10 min Total time: 35 min Makes: 4 servings Calories: 190 (excluding rice)

