

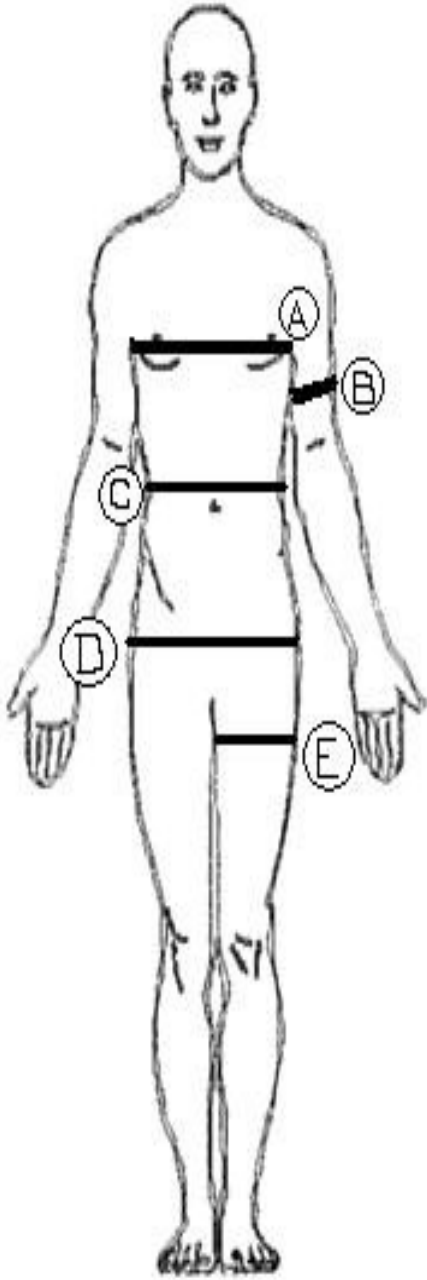
# Food for Thought

February 26, 2010

Tips and Thoughts to keep you on track!

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## MEASURE ME UP!



You've been working hard, eating well, and hitting the gym. As the pounds are vanishing so are inches. Here is a quick look at how to measure your body to notice the physical results.

**A—CHEST:** Measure the largest part of your chest, usually along the nipple line.

**B—BICEPS:** Measure midway between your shoulder and elbow.

**C—WAIST:** Measure at the narrowest point, approximately one inch above your belly button.

**D—HIPS:** Measure your hips around the largest part of your buttocks with your heels together.

**E—THIGH:** Thighs are measured separately. Stand with your legs slightly apart. Measure your upper leg where the circumference is the largest.

You can also measure your neck, forearm and calf.

It is ideal to have a partner to help with measuring. If not, use a full length mirror to make sure you are measuring the correct part of your body every time.



We all get heavier as we get older because there's a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me!

That's my story and I'm sticking to it!

## Fitness Q & A

### Q: What is "ideal weight" for me?

A: There are many factors that affect the ideal weight such as age, weight, sex, bone density, and muscle-fat ratio.

**The general ideal weight for a woman** of 5 feet is 100 pounds (lbs). For every additional inch over 5 feet, add 5lbs. For every inch under 5 feet, subtract 5lbs. **The general ideal weight for a man** at 5 feet is 106 pounds. For every additional inch over 5 feet, add 6lbs, and vice versa if you are under 5 feet.

**Body Mass Index (BMI)** is a well used calculation to calculate and compare your weight to height ratio as well.

To find your BMI in imperial units: Your weight (in pounds) times 703, divided by the square of your height in inches.

*E.g.* Weight 190. Height 6 ft (72 inches)  
 $72^2 = 5184$

$190 \times 703$  divided by  $5184 = BMI 25.76$

- BMI under 20 is underweight.
- BMI between 20 and 25 is ideal
- BMI between 25 and 30 is slightly overweight
- BMI over 30 is overweight/obese.

Remember: THIS IS ONLY A GUIDELINE!

Need a supper that tastes delicious, fills you up and doesn't pack on the calories?

## Try making a Roast Pork Tenderloin Supper!



### Ingredients:-

- 2 pork tenderloins
- 1/4 cup Dijon Mustard
- 2 tsp. dried thyme leaves
- 1 pkg. Stove Top Stuffing Mix for chicken
- 1/2 cup fat-free chicken broth
- 4 oz. 1/3 less fat Cream Cheese, cubed
- 1 lb. green beans (about 3 cups) steamed

### Now Make It!

- **PREHEAT** oven to 400 degrees F. Heat large skillet on medium heat. Add meat; cook 5 minutes or until browned on all sides, turning occasionally. Remove meat from skillet, reserving meat drippings in skillet. Place meat in 9x13 inch baking dish. Combine mustard and thyme; spread evenly onto meat.
- **BAKE** 20 to 25 minutes or until cooked through. Transfer to carving board; tent with foil. Let stand 5 minutes. Meanwhile, prepare stuffing as directed on package, reducing the spread to 1 tbsp.
- **ADD** broth to same skillet. Bring to boil. Reduce heat to medium-low. Add cream cheese; cook 2 min. until mixture is well blended, stirring occasionally.
- **CUT** meat into thin slices. Serve topped with cream cheese sauce along with stuffing and beans!

**Prep time:** 15 min **Total time:** 45 min **Makes:** 6 servings **Calories:** 340

**STAY POSITIVE!** 😊