

Food for Thought

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Tips and Thoughts to keep you on track!

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TOP 10 JUMP START TIPS

1. It is important that you work out at a safe and comfortable intensity. Measure this by using the "Talk Test". You should be able to speak in at least short phrases while exercising. If you are unable to do this, simply slow down your workout level and/or march in place to catch your breath.
2. Never skip the stretching and cool-down part of your workout. It is extremely important to allow your body and heart rate to slowly return to normal levels and to stretch your muscles properly to aid in recovery.
3. Proper form and technique will help prevent injuries. Watch in a mirror or have someone help you perfect your moves.
4. Never stop moving during exercise. If you need a break or switching techniques, keep marching on spot.
5. Remember to pace yourself and take adequate rest days throughout the week. Pushing too hard is more likely to cause injury and extreme fatigue.
6. Your body needs adequate sleep at night to recover from intense exercise. The average person needs 8.5 hours per night.
7. Proper hydration for exercising is key: A good rule of thumb is to drink the equivalent of half your weight per day in ounces of water. On workout days, your body will need even more water per day. Remember, you lose at least 2 cups of water for each pound lost!
8. Good nutrition is as important to maintaining good health as exercise is. Fill your fridge with healthy substitutes to the normal salty/sweet snack.
9. Eat an hour or more prior to working out to avoid gastrointestinal problems. When working out you need blood in your muscles, not in your stomach digesting.
10. Surrounding yourself with other exercise enthusiasts and motivational tools will help keep you inspired to push plateaus in your workout.

LAUGH A LITTLE!

My grandmother started walking 5 miles a day when she was 60. She is now 97 and we don't know where she is.



Q: Where can I get active?

A: Preeceville has many recreational opportunities to get active. Here is somewhere to start:

- **Tessi's Body Works**, located at the Recreation Center Building, has workout equipment ready for you to shed off the pounds. Stop by and talk to Teresa about memberships and discounts you can qualify for! 547-2266
- **Body Boost** is an eight week fitness program to motivate and re-energize men and women alike. Filled with various types of stretches and movements, it is sure to get you moving! Offers the eight week program or drop in classes. Call Bonnie Jakubowski for more information. 547-2970
- A **ski trail** has been groomed and posted in the trails on the north side of the hospital, in the gorgeous bush area. Cross country skiing is a great way to enjoy the outdoors while getting the exercise you need.
- The Arena has **General Skating** hours posted on the arena bulletin board and on the Town of Preeceville website.

Does Dinner Need a Healthy Lift? Try CHICKEN PASTA PRIMAVERA!



Ingredients:- 3 cups whole wheat penne pasta
- 2 tbsp. oil
- 3/4 lb. boneless chicken breasts, cut in strips
- 1 onion
- 3 cloves garlic, minced
- 1 can stewed tomatoes, undrained
- 1-1/2 cups fresh broccoli florets
- 1 red bell pepper, thin sliced
- 1 each: carrot and celery stalk
- 1 tsp. dried basil leaves, crushed
- 1/4 tsp. each: crushed red pepper, black pepper, salt
- 1/3 cup Parmesan Grated Cheese
- 1 tbsp. chopped fresh parsley

Now Make It!

- **COOK** pasta as directed on package. Meanwhile, heat oil in large skillet on medium heat. Add chicken, onions and garlic; cook 4 to 5 min. or until chicken is no longer pink, stirring frequently.
- **ADD** tomatoes, vegetables and seasonings; stir. Bring to boil. Reduce heat to medium-low; simmer 10 min. or until vegetables are tender.
- **DRAIN** pasta; place in large bowl. Add chicken mixture and cheese; toss to coat. Sprinkle with parsley

Prep time: 10 min **Total time:** 30 min **Makes:** 4 servings
Serving Size: 2 1/2 cups **Calories:** 510

STAY POSITIVE! 😊