



making each day a little healthier

Nutrition Tips

Serve More to Eat More. Veggies, that is. Serve three vegetables with dinner instead of just one and you'll eat more without really trying. Greater variety tricks people into eating more food – and eating more fruits and vegetables is a great way to lose weight. The high fiber and water content fills you up with fewer calories. Cook them without added fat and season with lemon juice and herbs.

Scrambling for Breakfast. Combine two egg whites, one slice of chopped Canadian bacon, some chopped spinach and a dash of milk in a microwave bowl. Cook for one minute, toss in 5 cherry tomatoes, scramble a little and cook about 30 seconds more. Serve with an orange and hot tea.

Savor Your Steak Twice as Much. Eat half of your steak at the restaurant and take the other half home to enjoy as another meal sliced onto a green salad or as a sandwich on whole grain bread.

Travel Companion. Carry your own tea bags. You can get hot water (and the milk for a tea latte) anywhere you go, even on an airplane.

Fitness Tips

Sticking Together. Families that exercise together are happier and healthier, individually. It's a great time to catch up and create family ties and memories.

Commercial Exercises. Here are a couple great exercises to tone your backside. Get on your hands and knees, bend one leg and while keeping your foot flexed, press that leg toward the ceiling. Do 2 two sets of 12 reps on each side. Alternate this exercise with 3 sets of push-ups during commercial breaks.

Burn 100 Calories More. Lose 10 pounds in a year without dieting by burning an extra 100 calories every day. Try one of these activities:

- ✓ Walk 1 mile, about 20 minutes
- ✓ Pull weeds or plant flowers for 20 minutes
- ✓ Mow the lawn for 20 minutes
- ✓ Clean the house for 30 minutes
- ✓ Jog for 10 minutes

It's Springing Up Everywhere. Spring is a great time to plan a family day to plant your favorite flowers. It's fun for the whole family and you have the rewards for months to come.

Health Tips

Wipe it Away. Use paper towels to wipe down your countertops and save the kitchen towels for drying clean dishes.

Summer Fun. Now is the time to be planning your summer activities and camps. You can explore options at your local YMCA.