



*making each day a little healthier*

**February is Heart Month.**

## **Nutrition Tips**

**Sugar Consumption in Teens.** The first of its kind research study suggest a link to the amount of added sugars that teens intake to their potential risk for heart disease later in adulthood. The American Heart Association recently recommended a specific upper limit for added sugars intake, based on the number of calories an individual needs throughout the day, according to their energy expenditure, sex and age. For example, an appropriate amount for an individual with an energy requirement of 1,800 calories per day (an average teenage girl ages 14-18 might be in this calorie range) would be no more than 100 calories from added sugars. An individual with a requirement of 2200 calories per day should eat or drink no more than 150 calories from added sugars. (For more information and to read the full story click this link: <http://www.newsroom.heart.org/index.php?s=43&item=1233>).

**Black Out.** Cooked black rice has more antioxidants than blueberries (and that's saying a lot given their consistent ranking on the top 10 lists of healthiest foods)-with less sugar and more fiber. You can find black rice in Asian markets, some gourmet shops and specialty stores such as Whole Foods. You prepare black rice just like the white varieties.

**The Vocabulary.** Learn the red flag words that mean high-fat foods on menus: *puffed, battered, creamy, crispy, breaded, buttery, hollandaise, flaky, au gratin, a la king, alfredo, Bearnaise, scampi* and *Morray*.

## **Fitness Tips**

**Do More Crunches.** Studies show the less abdominal fat you have, the lower your heart disease risks.

**Slow & Steady.** Rather than going through your entire JAMmin' Minute<sup>®</sup>, or other exercise routine 3 times, do just one set of the entire routine but complete each repetition of each exercise with VERY, VERY slow movements. For instance, when doing your biceps curls, take 10 counts on the up movement and 10 counts on the down.

**Burst into Fitness.** Adding short intervals of higher intensity moves during your exercise will help improve heart health and help burn more calories faster, resulting in quicker weight loss, if that's a goal.

## **Health Tips**

**Net, Net.** Research has shown that people who exercise and eat right most days of the week can reduce the risk of developing many chronic diseases, including obesity, heart disease, high blood pressure, stroke and some cancers.

**Heal Faster.** Take it easy when you are sick—unless your symptoms are above the neck. And even then you might do better taking time off because your body uses its resources to heal itself rather than build muscle and endurance.