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America's Most Unhealthy Restaurants

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Stick to It – How to stay with your program

“a commitment is the ability to carry out a worthy decision, even when the excitement of making that decision has passed.”

Staying Motivated to lose weight and exercise is tough. You get off to a good start and after 2-3 months you start to wane. We make plans to exercise, but when it comes down to it we find so many other things that *need* to be done (why exercise when my sock drawer is so unorganized!).

So, why does exercise seem great until we actually have to do it? Perhaps you think it is lack of motivation that makes it so hard to get started. If that's true, maybe we need to figure out just what motivation is. Is it a feeling? An action? Or a little bit of both?

What is Motivation?

Merriam-Webster's Collegiate Dictionary defines motivation as "that which gives purpose and direction to behavior." By that definition, we're looking for something to drive us to exercise, something to get us moving. So where does that 'something' come from? For some people, like athletes, it may come from the desire to compete and to win. For others, it may come from a desire to be healthy or live longer for their kids. For most,

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Participants ate an average of 67 calories less when taking their time and eating slower.

– Dr. Kathleen Melanson

Paraphrased

Eating Slowly = Eating Less

Mindful eating may be getting a boost from science. For more than 30 years, dieters have been told to eat slowly to reduce their intake of food. But until now, there has been no scientific evidence to support the theory.

Nutrition scientists at the University of Rhode Island, headed by Kathleen Melanson, PhD, have some new data to back up this claim.

They had 30 normal-weight, college-age women come into a lab for lunch on two separate occasions. Each time, the women were offered a huge

plate of pasta with tomato-vegetable sauce and grated Parmesan cheese, plus a glass of water.

They were asked to eat until the point of comfortable fullness. On one occasion, they were instructed to eat as quickly as they could; on the other occasion they ate slowly and put down their spoons between bites.

They did not know the food and water was weighed before and after the meal to determine the amount consumed.

Findings:

When eating quickly, the women consumed 646 calories in about nine minutes.

When eating more slowly, they had an average of 579 calories in about 29 minutes.

“They ate 67 calories more in nine minutes than they did in 29 minutes,” says Dr. Melanson, director of the university’s Energy Metabolism Laboratory. “If you add that up over three meals a day, that’s a big difference in calories.”

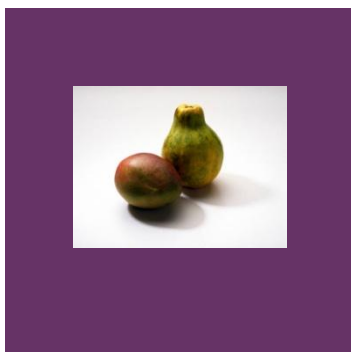
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Pure Strength a hit!



The Pure Strength class on Thursday evenings has been a great success. “Strength training class with Salus 2x/week has eliminated my back pain, trimmed my waistline, made my body stronger, and is an awesome workout.” says Jackie Rozina. “The great part is you compete against yourself, and enjoy music while your doing it. The classes keep me committed to my goal.”

Look for more class offerings this Spring!



Mango and Avocado Salad with Black Beans and Lime Vinaigrette

by Whole Foods Market

INGREDIENTS

2 firm-ripe avocados, halved, peeled, and cut into 1/2-inch cubes
 3 tablespoons lime juice, divided
 1 firm-ripe mango, peeled and cut into 1/2-inch cubes
 1 jalapeño, seeded and minced
 Sea salt and freshly ground black pepper
 1 teaspoon grated lime zest
 1/4-teaspoon sugar
 2 tablespoons chopped cilantro, more for garnish
 4 tablespoons olive oil
 1 (15-ounce) can black beans, drained and rinsed

METHOD

Gently toss avocado with a tablespoon of lime juice in a medium bowl; add mango, jalapeño and salt and toss to combine.

To make the lime vinaigrette, whisk together the remaining lime juice, zest, sugar and cilantro in a small bowl. Whisk in the oil until thoroughly combined. Season to taste with salt and pepper. Toss the black beans with the vinaigrette.

To assemble the salad, spoon the black bean mixture onto the middle of a small platter. Arrange the chopped mango and avocado around the black beans. Garnish with chopped cilantro and serve immediately.

Nutrition

Per serving (about 10oz/282g-wt.): 460 calories (310 from fat), 35g total fat, 5g saturated fat, 0mg cholesterol, 230mg sodium, 36g total carbohydrate (11g dietary fiber, 9g sugar), 9g protein

For more great recipes like this visit:

www.wholefoodsmarket.com/recipes

Exercise Rx: The Farmer's Walk



Try this exercise for that stubborn area on the topsides of the hips.

- Stand erect with chest high, neutral spine, shoulders down and back
- Grip a substantial weight in both hands. Palms facing you.
- Walk forward with an even cadence maintaining good posture.
- If the hips are not feeling this exercise, up the weight. But be careful not to overdue it.
- Walk down a long hallway and back 2x then repeat (about 30 steps). Perform 3 sets.
- Always stop immediately if you feel pain or discomfort, or noticeable improper form.

FINANCIALLY FIT: DEALING WITH DEBT

Living debt free (including no mortgage payment) may sound like a dream, but with commitment and hard work, it could be your reality. With so many different resources eager to share their methods with you, it's hard to know what is the best way to get out of debt. Whichever plan you choose, remember it takes a while to get into debt, and it will take a while to get out of debt.

Popular financial guru Dave Ramsey has outlined a simple process he calls Baby Steps. Before starting a program like this it is essential that you first make a commitment to stick to a plan. Secondly, make a budget to get a feel for where your money is going and how much you have left over to tackle your debt. Making a budget can be an eye opening process. There are several budgets online you can choose from. Dave Ramsey's website at www.daveramsey.com has an easy to use budget called the Monthly Cash Flow Plan. After making a commitment and tackling your budget, you are ready to get on the debt free coaster. Find a plan that works for you, or talk with your financial advisor. If you choose to use the Baby Steps method, it essentially breaks down like this:

1. Put \$1,000 toward starting an Emergency Fund. Avoid taking out loans or using credit cards when unexpected expenses arise.
2. Make a list of all debts from smallest to largest. Tackle them one by one, in that order. This is termed "snowball debt" by Dave Ramsey. Other financial advisors recommend tackling the highest interest rate debt first, then moving on to the next highest interest rate debt, and so on. Either way, the point is to find your monthly disposable income and apply it to **1 debt at a time** until that is completely paid off.
3. Put 3 to 6 months expenses in savings.
4. Invest 15% of income into Roth IRA's and pre-tax retirement vehicles.
5. College fund for kids.
6. Pay off home early. Dave recommends that your mortgage take up no more than 25% of your monthly income. If it's more, sell it.
7. Build wealth and give. Invest in mutual funds and real estate.

Here's a fun video to watch on never having a car payment again:

http://www.daveramsey.com/etc/lms/drive_free/player.cfm



If you're willing to sacrifice and change yourself, you'll win with money.

- Dave Ramsey

losing weight is often the goal. But is that enough to motivate us? Judging from our obesity problems, that would be a no.

The problem with motivation is that many of us believe it's something that will come to us if we wait long enough...that someday we'll wake up and finally want to exercise. Rather than believe in that fantasy, maybe we'd all be better off by realizing that motivation is something we create, not something we wait for.

Redefining Motivation

I believe motivation comes from different places -- it's not based on how we feel or even something we have to wait around for. It's something we create for ourselves. Use the following elements to create your own motivation, and you'll find that exercising will be easier.

1. Set Goals

You already know that the first step in motivating yourself is having something to work for. It doesn't matter whether that's a weight loss goal or a goal to run a marathon -- anything that gives you reason to exercise will work. And don't think you have to set only one goal. You can set as many goals as you like, whenever you like. Set daily goals (I'll walk for 20 minutes today), weekly goals (I'll get a minimum of 3 workouts in), or even hourly goals (I'll get up every 45 minutes and walk around the building). Sign up for a walk or race and pay the fee. That way you are committed to training for the event. Always having something to work for, big or small, is just one way to keep

Staying Motivated

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yourself going.

2. Find Your "Why"

In order to be successful at any endeavor, we must have a good reason for doing it in the first place. Exercise is no exception. What will get you up in the morning on those cold, dark days when you just want to stay in bed? Many people say "because I want to lose weight" or "I want to be fit". While these are good goals, they are not good enough reasons for long term success. You must dig deeper. What is important to you? What do you value in life? Answer these questions, then see how a regular exercise program can support your values.

3. Make a Commitment

Once you find your "why", it's time to make a commitment. Here is a definition of commitment you may not have heard: **a commitment is the ability to carry out a worthy decision, even when the excitement of making that decision has passed.** Read that definition again, and really understand it. How many times have you been excited to start an exercise program, only to become bored or distracted by other things? As soon as the excitement passes, so do your exercise plans.

Be sure you are ready to commit, and if you are not, then commit to not exercising. That way you can let go of the guilt and commit when you are ready.

4. Avoid the "All or Nothing" Mentality

Have you had plans to exercise five times one week and the first day something happened and you didn't exercise? When this happens, many people give up on the rest of the week. This is known as the All or Nothing Mentality. Keep away from this - it doesn't work. If you approach your exercise and nutrition program in that manner, you set yourself up for failure. Allow for flexibility in your exercise plans and know one missed day is not a setback.

5. Be Accountable!

About 95% of all participants in an exercise program will stop exercising. Why? No support. Research has shown that exercisers with some kind of support system have a better chance of continuing exercise. You need someone who will also hold you accountable for your exercise. Working with someone like a personal trainer, a coach or a mentor will give you the support you need. You can work together to identify barriers to keeping your commitment and develop strategies to overcome these obstacles. Most people need far more support, follow up and accountability than they think to start and maintain an exercise program.

Men's Health Names

The Nation's Unhealthiest Restaurants

- Baskin Robbins
- Denny's
- Dairy Queen
- Ruby Tuesdays
- Chili's
- Uno Chicago Grill
- Romano's Macaroni Grill
- Applebee's
- IHOP
- Outback Steakhouse
- TGI Friday's

By David Zinczenko, Matt Goulding

+ Eating Slowly (continued)

The women were less satisfied upon completion of their meal when they ate more quickly. They were also hungrier for up to an hour afterward. They said they enjoyed the meal more when they were taking their time.

Not surprisingly, the women drank more water when they ate more slowly, and researchers are doing a follow-up study on whether that factor contributed to their feeling of fullness.

One way to help control calorie intake "is to slow down and savor and enjoy your food more." Melanson says.

However, Barbara Rolls, a nutrition professor at Pennsylvania State University, says another study showed that people who paused between bites actually consumed more food during a meal.

"Eating rate is hard to change, so eat at a pace

that maximizes your enjoyment of the food," Rolls says. "If slowing down and savoring the flavors and textures of foods leaves you feeling more satisfied, go for it."

Still, there are reasons not to stuff yourself too quickly. "Satiety signals take time to be experienced. After you have eaten an amount of food that should be satisfying, you may want to wait 15-20 minutes before deciding if you are still hungry," Rolls says.

By Nanci Hellmich, USA TODAY 11/15/2006



Tension Headaches by Julie Jakubowski, RN

Tension headaches cause a dull, steady pain on both sides of the head, in the back of the head, and the neck. The eyes may also feel tired. Tension headaches can be triggered by lack of sleep, poor posture, eyestrain, stress, and other factors.

To help prevent tension headaches:

- Make sure your work area is properly set up to help you avoid neck/eye strain.
- Make sure that your eyeglass prescription is current and is appropriate for the work you do.
- Learn techniques for relaxing and reducing emotional stress. These include deep breathing, progressive relaxation, and biofeedback.
- Maintain a regular exercise regimen under the guidance of a doctor. This can help keep your neck and back flexible, strong, and relaxed.

To relieve the pain:

- Use moist heat to relax the muscles. Soak in a hot bath or wrap a warm, moist towel around your neck.
- Brush your scalp lightly with a soft hairbrush.
- Give yourself a massage. Knead the muscles running from your shoulders up the back of your skull.
- Use an ice pack. Apply this directly to the place where you feel pain.
- Rest. Sleeping often helps relieve headache pain.
- Drink plenty of fluids. Dehydration is another trigger for headaches

Buzz Word - Trans Fat

What is it? Why is it so bad?



WHAT IS TRANS FAT?

Trans fats (or trans fatty acids) are created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid. Another name for trans fats is "partially hydrogenated oils." Look for them on the ingredient list on food packages.



HOW DOES IT AFFECT MY HEALTH?

Trans fats raise your bad (LDL) cholesterol levels and lower your good (HDL) cholesterol levels. Eating trans fats increases your risk of developing heart disease and stroke. It's also associated with a higher risk of developing type 2 diabetes.



WHY DO COMPANIES USE IT?

Companies like using trans fats in their foods because they're easy to use, inexpensive to produce and last a long time. Trans fats give foods a desirable taste and texture. Many restaurants and fast-food outlets use trans fats to deep-fry foods because oils with trans fats can be used many times in commercial fryers.

www.americanheart.org

Where To Work Out – Minooka Park



It's hard to believe, but warmer days are coming. Time to head outside and enjoy Wisconsin's outdoor parks. Minooka Park is a largely unknown gem located on Sunset Drive in Waukesha. This pet friendly park offers many amenities and it's a great place to work out. Minooka's woods and varied terrain offer the possibilities of hiking or trail running. Take Fido along as Minooka has dog exercise areas broken up for small and large breeds. A 4 acre pond for swimming & fishing, beach house, concession stand, shelters, parking, water, toilets, sand volleyball courts, archery range with raised platform, and open play fields & trails make this park a must see this spring and summer.

Park Hours:

Sunrise to 10 p.m. year-round

Beach Hours (June-Aug):

11 a.m. - 7 p.m. weekdays

10 a.m. - 7 p.m. weekends and holidays

Park Location:

Minooka Park is located approximately 2 miles southeast of the City of Waukesha at the corner of Racine Avenue and Sunset Drive. This 580-acre park is the largest park in the Waukesha County Park System.

Website:

www.waukeshacounty.gov

There is a fee to enter this park.

\$5.00/day on weekends

\$3.00/day on weekdays

\$25 for an annual park pass that is good at all parks in the Waukesha Park System