



## FIT FACTS

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### Healthy Living Tips

**Build physical activity into your life.** There are many times of the day where exercise can be squeezed in. For example, when you're sitting and watching TV, you can stretch your muscles. Little things can add up: parking further out in the parking lot, taking the stairs instead of the escalator, etc. These "exercises in disguise" add up to more calories burned. If you do housework or yard work, you're doing yourself a favour. The stretching and lifting that you do during housework is good exercise. The yard work (raking and gardening) uses many muscle groups and can give you quite a workout. Walk whenever you can. If you have a sit-down job, a brisk walk on one of your breaks can refresh your body.

**Hey, did you know...** After an aerobic workout, your body is still burning more calories than it would if you had spent that time sitting at your desk or in front of the television. Now that's cool! Exercise increases your basal metabolic rate and it allows your body to convert body fat into fuel much more efficiently than non-exercisers. The basic metabolic rate is the energy your body needs to maintain life processes such as heart beat, breathing and cell metabolic activities. The intensity level needed to sustain a long-term effect upon your metabolic rate is not known. However, the best exercises are the ones you actually do. So stick with your exercise program, even low-intensity walking will get your heart pumping and will have a positive effect on your body.

**Myths about exercise:** We live in a society where there is so much information that goes around. Sometimes it can be really confusing to determine what the truth is when it comes to health and fitness. To help you out, I want to share with you five common myths about exercise:

1. If there is no pain, there will be no gain.
2. There is a quick fix to losing weight and becoming more fit.
3. It is possible to spot reduce (i.e. doing sit-ups to spot reduce your abs).
4. You can eat whatever you want if you exercise
5. Women that lift weights will get bulky muscles.

### JUST THINK...

You are here not by chance, but by God's choosing.  
His hand formed you and made you the person you are.  
He compares you to no one else-you are one of a kind.  
You lack nothing that His grace can't give you.  
He has allowed you to be here at this time in history  
to fulfill His special purpose for this generation.

by Roy Lessin

## Something to Think About...

Did you realize that skipping meals is an unhealthy practice that sabotages your attempts to control weight. It is important to make sure that you don't go three or four hours without eating. Eating a healthy snack will tie you over until your next meal and it helps us to stop overeating by reducing cravings. This will also help you keep your blood sugar levels normal and increase your energy throughout the day. An important way to make sure that you eat healthy snacks is to make sure that you have some available at all times.

Here are some quick healthy snack ideas:

- Whole grain crackers (make sure they don't have hydrogenated oils in them) with low-fat cheese
- Fresh fruit and low-fat cheese
- Nonfat plain yogurt blended with fruit and honey or all-fruit jam (no sugar!)
- Wasa bread or rice cakes with light cream cheese
- Oat bran muffin with skim or 1% milk
- Homemade trail mix (1 cup unsalted, dry-roasted peanuts, 1 cup unsalted, roasted sunflower seeds, 2 cups raisins)
- Try one of the recipes to the right (they have all been Bondy kid tested and have passed with flying colours)

## Radical Recipes

### Banana Bread ( or muffins)

½ cup honey  
1 egg  
½ cup butter  
4 mashed bananas  
1 tsp. baking powder  
1 tsp. baking soda  
½ tsp salt  
1 ½ cup whole wheat flour

Preheat oven to 350 degrees. Bake 20 minutes for muffins or 1 hour for a loaf. 200 calories per muffin. 150 calories for 16 slice loaf.

### Granola Bars

2 cups coconut  
1 ½ cups oatmeal  
2 cups sunflower seeds  
¾ cup chopped nuts  
½ tsp salt  
1 cup honey  
1 tsp vanilla  
½ cup peanut butter (all natural)

Mix ingredients. Spread firmly in buttered cookie sheet. Bake at 275 degrees until golden. Cut into bars. Store in airtight container.

### Nutty Rice Krispie Bars

¼ cup cashews  
¼ cup walnuts  
¼ cup pecans  
¼ cup sunflower seeds  
¼ cup rolled oats  
¾ cup almond (or peanut) butter (all natural)  
2 tablespoons honey  
1 tsp vanilla  
¼ cup protein powder or powdered milk  
½ cup butter, melted  
1 tsp cinnamon (optional)  
3 cups Rice Krispies cereal

Put nuts and oats in a food processor and chop until crumbly. Add nut mixture to remaining ingredients. Spread into greased square dish/pan (approx. 8" or 9"). Refrigerate for one hour. Cut into bars.

### Cracker Jacks

12 rice cakes  
¼ cup butter, melted  
½ cup maple syrup, or brown rice syrup

Melt butter and stir in syrup. Brush syrup mixture onto both sides of rice cakes. (note: I usually line a cookie sheet with aluminum foil and spray with non-stick spray) Bake at 350 degrees for 8 minutes.