



FIT FACTS

Week of March 28th, 2005

Healthy Living Tip

Making Time For Exercise Is Easy

By now you know that exercise is good for you, and that you should do something on a regular basis. What's the best time for you to exercise? Anytime. Honestly.

For example, when you're sitting and watching TV, stretch your muscles. Never stretch so hard it hurts. Rather, stretch to the point of mild tension and hold the stretch for 10 to 30 seconds.

A healthy exercise program includes three kinds of exercise: aerobic activity, muscular strengthening and flexibility exercise. You can start your exercise program without investing in any elaborate equipment. For example, you can do simple exercises at home or at your desk at work, including sit-ups, push-ups and pull-ups.

For basic body weight exercises, weight-lifting equipment isn't required. Head for the kitchen and pick up the soup cans you have in the cupboard.

Aerobic activity can be fun

Aerobic activity is defined as prolonged continuous movement of large muscle groups. Translated, that means do something that keeps you moving. Ideally, do it for 20 minutes straight. If you don't have that much time, two 10-minute aerobic activity sessions will benefit you almost as much.

The good thing about aerobic activity is that it includes many of the sports you probably already enjoy. Walking, biking, hiking, dancing, swimming, even basketball are all examples of aerobic exercise.

Another good thing is that you can easily accomplish those two 10-minute sessions with things like taking the stairs instead of the elevator, walking around the neighborhood after work or parking your car farther away.

You could even turn shopping into an aerobic activity. Shopping is walking, so don't stop for 10 minutes straight and you've worked in one of your daily sessions! Check with your local mall for mall walker programs, and you'll have company.

Aerobic exercise is definitely good for cardiovascular health and fitness. And here's something else you'll like: Aerobic activity can help you lose weight.

Plenty of good exercise all around the house

If you do housework or yard work, you're doing yourself a favor. The stretching and lifting housework entails is good exercise. So is work you do outside. Yard work uses many muscle groups, especially activities like planting and working in the garden.

Radical Recipes

Parmesan Chicken Mix

from *Meals in Minutes* by Sue Gregg
(www.suegregg.com, 1-800-998-2783)

AMOUNT: Coats 8 to 10 lbs boneless chicken

1. Blend into a crumb mixture in blender; store in tightly closed labeled container in the fridge or freezer:
 - 4 slices soft whole wheat bread
 - 1 tbsp dry parsley flakes
 - 3/4 -2 cups Parmesan cheese (3/4 cup for low-fat)
 - 1/2 tsp garlic powder
 - 1/2 tsp salt
2. Dip skinned chicken pieces into **nonfat milk**; coat with crumb mixture. Single layer in buttered or sprayed baking dish; garnish with **paprika**. Bake uncovered at 350 degrees until tender, about 1 hour, basting a time or two during cooking; cover with foil if top gets too brown before it is done.

Raking uses your arm and back muscles. Digging gives your arms and legs a workout. And gardening provides a bonus: You'll have more fresh vegetables and fruits to add to your diet.

Is one time better than another to exercise?

It's really up to you. You can exercise in the morning, afternoon or evening. Lunch breaks offer an excellent opportunity to get out of the office and exercise. Use your coffee break to take a short walk around the office. Get rid of the day's stress by fitting in an exercise session after work.

Whatever time you choose, make sure you stick with it. For some people, it's easier to stay with an exercise program when you do it with a friend or co-worker.

Make time to stay healthy

Exercise is one of the best things you can do for yourself. If you're basically healthy, get going right now. If you're 40+ or have any health problems, consult your physician first.

Used with permission by ACE Fit Facts which is an article from ACE FitnessMatters® magazine

See What God Will Do

What was the worst thing God had to face? The cross – the death of His Son. Yet, out of it God brought forth a river of mercy, hope, life, forgiveness – an unending stream of blessings for any thirsty person to drink from. What is the worst thing you face? Give it to God. See what He will bring out of it!

For I am the Lord, your God, who takes hold of your right hand and says to you, Do not fear; I will help you. Isaiah 41:13

-excerpt from Continue On by Roy Lessin

**One day I asked Jesus,
"How much do You love me?"
He said "I love you this much."
And He stretched out His arms and died for me.**