

FIT/BITS

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NUTRITION

More for Your Dollar: Tips for Eating Healthy on a Budget



The idea that eating healthy is expensive is the number one reason Americans don't shop for healthy food items. However, there are many ways to stretch your food dollars and make healthy eating fit your budget. There are 48,000 items stocked on the shelves of your local grocery store, and not all of them are budget friendly. Some

smart shopping tips combined with planning and preparing meals will keep your wallet happy. It does require an initial investment of time, but the investment pays off in the long run. When dinner ingredients are readily available in the home, there is less money spent on restaurant dining and costly convenience foods. A shopping list eliminates multiple trips to the store during the week for forgotten items, leading to fewer dollars spent on gas. Consider the following shopping and meal management tips before your next visit to your local grocer.

Before going to the store:

1. Survey your pantry and refrigerator to see what you have in stock.

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FITNESS

Exercise Myth

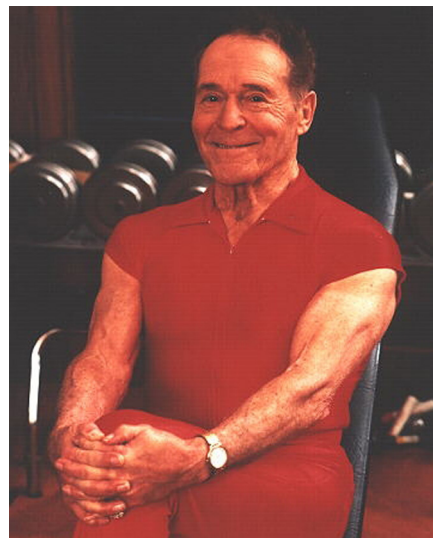
"Holding dumbbells during cardiovascular exercise will help me lose weight and get fit faster."



You would think that holding weights as you pump your arms during cardio would burn more calories and tone your arms, but in reality it does neither. This "shortcut" became popular in the 1980's; however, it has been shown to be not only ineffective but also potentially dangerous. It may feel like your

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HEALTH IN THE NEWS



A Fond Look Back at Jack

Those of us of a certain age will remember Jack LaLanne as our first exposure to the concept of a healthy lifestyle highlighting exercise and nutrition. With his boundless enthusiasm and astonishing fitness level, LaLanne was the embodiment of what could be accomplished through his philosophy. He was way ahead of the curve in bringing fitness to the public. "The only way you can hurt the body is not use it. Inactivity is the killer and, remember, it's never too late."

LaLanne was a pioneer in the field with

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One-Arm Row

Muscles Targeted: latissimus dorsi, posterior deltoid, bicep, core

STANDING ONE-ARM ROW

Starting Position: Stand with right foot forward and grasp the dumbbell in your left hand with your palm facing your body. Place your right hand on your thigh, hinge forward at the hips. Engage the abdominals, maintaining a neutral spine for added support. Keep back as parallel to the floor as possible. Hold the weight beneath the shoulder.

Action: Bend at the elbow and lift the dumbbell toward the hip drawing shoulder blade in toward the spine. Do not rotate torso in an effort to lift the weight up. Pause, and then slowly lower the dumbbell back to the starting position.

BENCH ONE-ARM ROW

Starting Position: Place right knee and right hand on the bench, grasp dumbbell in your left hand; keep your chest elevated, back flat and spine neutral.

Action: Bend at the elbow and lift the dumbbell toward the hip drawing shoulder blade in toward the spine. Do not rotate torso in an effort to lift the weight up. Pause, and then slowly lower the dumbbell back to the starting position.

BALANCE ONE-ARM ROW (ADVANCED)

Starting Position: Stand with right foot forward and hold the dumbbell in your left hand. Place your right hand on your thigh, hinge forward at the hips. Lift your left foot off the floor, engaging gluteals for balance. Engage the abdominals, maintaining a neutral spine for added support. Keep back as parallel to the floor as possible. Hold the weight beneath the shoulders.

Action: Bend at the elbow and lift the dumbbell toward the sides of the body. Do not rotate torso in an effort to lift the weight up. Pause, and then slowly lower the dumbbell back to the starting position.

Ellen Histen and Shaun Carr, Perfectly Fit Corporate Services, Inc.



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arms are getting a workout, but the burn you feel is just muscle fatigue from holding the weights. Holding dumbbells during cardiovascular exercise only adds stress to your joints, and a tight grip on the weights may even increase your blood pressure. Also, holding weights can throw off your center of gravity and posture, causing joint and back problems from poor biomechanics. Your balance may be affected, too. If you use a treadmill or elliptical, this change in balance can increase your risk of falling. Weights should not be used in conjunction with cardiovascular equipment.

There are some specific circumstances where a weighted vest that distributes weight evenly over the torso may be of benefit. These include an athlete training for speed or first responders training to carry the weight of another person. For most people, though, strength training should be kept separate from cardiovascular exercise or incorporated as interval training.

If your goal is to tone your arms, focus on some upper body weight training or just do some push-ups after your cardio two or three times a week. If you are trying to burn extra calories, try increasing your speed slightly or adding speed intervals, hills or an incline or just increasing the length of your workout.

*Nancy Tashman,
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HEALTH IN THE NEWS

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his fitness TV show that ran from the 1950's into the 1970's. He delighted in performing amazing feats of strength, such as performing 1000 push-ups in 23 minutes on live TV. LaLanne was a revolutionary in promoting strength training, recommending it for athletes and even women at a time when only bodybuilders worked with weights.

LaLanne began his own journey as a teenager. He attended a lecture by Paul Bragg, an early nutritionist advocating brown rice, whole wheat and vegetarianism, and completely changed his eating and exercise habits. He went on to become a living example of the lifestyle he advocated. His own daily workout included an hour of swimming and two hours of strength training. He once said, "It's a lifestyle, it's something you do the rest of your life. How long are you going to keep breathing? How

long do you keep eating? You just do it."

According to reports, LaLanne continued to exercise up to the end of his life. He died in January of respiratory failure from pneumonia at the age of 96. Next time you hit the gym, lift a weight to Jack and say, "Thanks!"

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2. Plan your menu for the week, incorporating items you already have in the home. Planning meals helps put leftovers to good use.
3. Make a shopping list based on the resources you have to spend, and stick to it! However, be open to unexpected sale items you use frequently and stock up. Perishable items like meat, fish, poultry, luncheon meat and bread freeze well.
4. Review the sale items in shopping ads, and clip coupons out of the Sunday paper. Coupons generally are only beneficial for items used on a regular basis.
5. Sign up for the store discount card for added savings.
6. Budget and bring only the amount you have budgeted for to the store. The USDA offers a Low-Cost Food Plan complete with an easy to use budget calculator at: www.extension.iastate.edu/foodsavings/fooddollar/
7. Eat a meal or snack before going to the store. Shopping on an empty stomach makes it more difficult to stick to your shopping list.

Store Considerations:

8. Shop at farmers markets for fresher, less expensive produce.
9. Food items at discount stores can be less expensive than purchasing the same item with a coupon at common supermarkets. Consider low-cost stores such as warehouse food stores or food cooperatives. Dollar stores often have canned and packaged foods, cleaning supplies and kitchen items (napkins, lunch bags, foil) at a reduced rate.
10. Buy whole grain breads for less at bakery outlets.
11. Avoid small convenience stores; prices aren't convenient!
12. Grocery stores place items that they want to sell the most between knee and shoulder height. Be careful not to be enticed by items that don't fit into your budget.
13. Shop the perimeter for less processed, healthier items like fruits, vegetables, poultry and low-fat dairy. Processed foods located in the center aisles are costly and loaded with sodium, fat and sugar.

Ways to Save on Food Items:

14. Convenience foods are high in price and low in nutrients. Make room in your shopping budget for produce and other nutritious foods by reducing money spent on these items.
15. Shop seasonal: seasonal fruits and vegetables are less expensive. Check the labels to see where the items are grown.
16. Worried about food spoiling? Frozen fruits and vegetables without added sauces are often less expensive and higher in nutrients than fresh vegetables that have lingered in the store or in your refrigerator.
17. Mix juice yourself; 100% juice from concentrate is less expensive than pre-bottled juice.
18. Purchase store brands instead of name brands.

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Three Bean Chili with Tomatoes

Ingredients:

- 2 Tbsp canola oil
- 1 C onion, coarsely chopped
- ½ C celery, rinsed and chopped
- 1 C green bell pepper, rinsed and diced
- 1 can (15½ oz) low-sodium black beans, drained and rinsed
- 1 can (15½ oz) low-sodium red kidney beans, drained and rinsed
- 1 can (15½ oz) low-sodium pinto beans, drained and rinsed
- 2 cans (14½ oz each) no-salt-added diced tomatoes with basil, garlic, and oregano
- 1 Tbsp ground cumin
- 1 Tbsp chili powder

Directions:

In an 8-quart soup or pasta pot, heat the oil over medium heat until hot but not smoking. Add onion. Cook and stir until onion starts to soften, about five minutes. Add celery and green pepper. Cook and stir another five minutes, until all vegetables soften. Add drained and rinsed beans to pot. Stir in tomatoes, cumin, and chili powder. Bring to a boil. Cover, reduce heat, and simmer 10–20 minutes to blend flavors. Serve immediately.

Note: If you can't find beans labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help further reduce the sodium level.

Nutrition Facts for One Serving (2 cups) – Yields 4 servings

Calories: 443, Total Fat: 8g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 331mg, Fiber: 16g, Protein: 22g, Carbohydrate: 73g, Potassium 1411mg

Reprinted From: <http://hp2010.nhlbibin.net/healthyeating/recipe/detail.aspx?cId=6&rId=42>

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Pita Pizzas



In- redients:

- 1 C prepared pizza or marinara sauce
- 1 C grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 C broccoli, rinsed, chopped, and cooked
- 2 Tbsp grated parmesan cheese
- 1 Tbsp fresh basil, rinsed, dried, and chopped (or 1 tsp dried)
- 4 (6½-inch) whole-wheat pitas

Directions:

Preheat oven or toaster oven to 450 °F. For each pizza, spread ¼ cup sauce on a pita and top with ¼ cup chicken, ¼ cup broccoli, ½ tablespoon parmesan cheese, and ¼ tablespoon chopped basil. Place pitas on a nonstick baking sheet and bake for about 5–8 minutes until golden brown and chicken is heated through. Serve immediately. Yield: 4 servings, Serving Size: 1 pita pizza.

Nutrition Facts: Calories 275, Total Fat 5g, Saturated Fat 1g, Cholesterol 32 mg, Sodium 486 mg, Total Fiber 7g, Protein 20g, Carbohydrates 41g, Potassium 352mg, Vitamin A 15%, Vitamin C 50%, Calcium 10%, Iron 15%

Recipe reprinted from:
<http://hbp2010.nhlbi.nih.gov/healthyeating/recipe-detail.aspx?linkId=1&cId=9&rId=150>

“People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily.”

”
Zig Ziglar

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19. Incorporate some meatless meals. Dried or canned beans, eggs or peanut butter are cost-effective, healthy sources of protein. Try using beans in soups, (see this month's 3-Bean Chili recipe), casseroles and salads. Add beans to regular dishes prepared with meat (meat sauce, pasta dishes), to stretch your meat farther.

20. Learn how to roast a whole chicken. You can save a lot of money cutting up the chicken yourself. Rotisserie chickens are a great deal and time-saver if your store has them.

21. Convenient packaging (100-calorie snack packs, snack-size bags of pretzels) is not convenient for your wallet. You'll save more portioning them into sandwich bags or Tupperware containers.

22. Steer clear of instant grains (rice, oatmeal) to reduce cost, sugar, sodium and calories. The slow-cooked variety is often higher in nutrition.

23. Pre-chopped produce saves on time but not money. This is a worthwhile investment, however, if it helps you increase your fruit and vegetables intake.

24. Canned fruits and vegetables cut in smaller pieces are more cost-effective than when purchased in larger pieces (diced tomatoes vs. whole, pineapple chunks vs. rings).

25. Buy fresh milk in the largest size that can be used without spoiling. Larger containers cost less than smaller sizes. Items in bulk can save a lot of money. If you're tight on storage, or don't have a large family, consider splitting the food with a friend.

26. Homemade desserts and pancakes are always less expensive when made from scratch.

27. Use dry milk powder for cooking and baking as it costs less than fresh dairy.

28. Shop alone whenever possible. Shopping with family members can cost you more money if you're coaxed into buying items not included on your shopping list.

“Recycle”

29. If fruit is about to spoil, freeze it for later use in a smoothie or muffin.

30. Freeze leftover meals for lunches or those days when you need a quick meal.

31. Use leftover chicken for sandwiches, soups, salads or other meals like stir-fry.

32. Create a meal plan using similar ingredients prepared in different ways (such as peppers and onions for fajitas, omelets and chicken cacciatore).

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