

*“If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want.”*

- Elbert Hubbard



## B. ACTIVE

Visceral fat (fat generally stored around vital organs) is the worst kind. Regular exercise can keep visceral fat from returning or developing.

- Exercise may help stimulate your brain activity and improve cognitive thinking
- Exercise can boost your immune system
- Exercise elevates your mood

**B. NUTRITIOUS** Fast food and one dollar value menus may seem like a bargain but the real costs can be staggering. Obesity related diseases like diabetes and heart disease can cost hundreds of thousands of dollars. The tables below show quick comparisons.



Fast Food						
Item	Calories	Fat Grams	Carb Grams	Sugar Grams	Protein Grams	Cost
Dbl Cheeseburger	440	23	34	7	25	
Small Fry	230	11	29	0	3	
Medium soda	210	0	58	58	0	
Total	880	34	121	65	28	\$3.49

Made at Home						
Item	Calories	Fat Grams	Carb Grams	Sugar Grams	Protein Grams	Cost
3 oz ground beef	164	6	0	0	25	
100% whole wheat roll	200	2.5	35	5	9	
Apple	70	0	19	14	0	
Total	434	8.5	54	19	34	\$1.30

**Difference -446 -25.5 -67 -46 +6 -\$2.19**

**If you make this switch just one time a week, you could lose up to 7 pounds a year.**

**B. IRISH St. Patrick's Day** is traditionally a time to party. Alcohol contains a lot of excess calories and can derail the best of nutrition plans. Try drinking green tea instead or have sugar free green lime jello! If you do choose to drink, limit your consumption and please make sure you do not drive.



## Mark My Words

### Question:

*I have a shoulder that has been bothering me for about two years. I have switched trainers twice and each one has promised me that they can correct the problem and have me back lifting pain free in a relatively short time. I am still in pain and not doing any upper body exercises. What next? Joe G.*

### Answer:

I have been a trainer for a long time and over the years many clients ask me questions they should ask their doctor. The first approach a trainer should take when a client has pain is to refer them to a doctor. Doctors diagnosis and treat. A logical next step may be to see a physical therapist. They would design a course of treatment based on your symptoms, tests and conversations with your doctor. Trainers do not have the necessary training to diagnosis problems of that nature.

So I would say have the conversation with your doctor, get a second opinion, listen to them, let them know you want to workout and keep your trainer in the loop so they can adjust your workouts accordingly.

A patient advocacy/nurse navigation company, such as ConnectCare3([www.connectcare3.com](http://www.connectcare3.com)) could also assist you in finding the right doctor and treatment protocol.



## B. SCREENED

Early detection of colorectal cancer is a key element to prevent spreading. Regular screening may detect polyps before they become cancerous. See your doctor for more information.

## B. PLAYFUL

Exercise does not always have to be, well, exercise. Recapture a bit of your youth and play an outside game. If you have been inactive and are not in great shape do not start with a full court game of basketball. Try games that get you up and moving with relative ease. Examples of playful exercises that may ease you into a more active lifestyle are: pitch and putt, bowling, pitch and catch, Frisbee golf, an easy nature hike, bike riding, and horse shoes.



## B. HEALTH WISE

### Recipe: Butternut Acorn Spaghetti Sauce

1 medium size butternut acorn squash  
1 each red, yellow and green pepper  
1 sweet onion

1 bunch green onion  
1 large can plum tomato  
1 small box rinsed and diced mushrooms  
Dashes of salt and pepper

Cut and dice butternut squash into 1" cubes and sauté in olive oil for 15 minutes. Hand smash the plum tomatoes and place in a large pot on low heat. Dice the remaining items and place in sauce on low heat. Add butternut acorn squash when it is done sautéing. Leave to simmer for approximately 90 minutes.

You can use this on whole wheat pasta, baked potatoes, rice or over any meat dish.



If you have a question you would like answered please contact me at [mkrug@benecon.com](mailto:mkrug@benecon.com).