

*“The father of
action is attitude.”*

-Father Martin.



B. RELAXED

If you have been stressed in the past few months raise your hand! Ok, now that everyone has their hand up here are a few ways to help reduce your levels of stress.

- Schedule a therapeutic massage with a professional massage therapist.
- Learn how to meditate, take a yoga class or another form of mind body class.
- Go to a comedy club (yes laughter is still a great medicine).
- If you are feeling overwhelmed consult a trained professional.
- Remember that proper nutrition and exercise can help your body's ability to cope with stress.

B. OBSERVANT

May is:

- **American Stroke Month** - www.americanheart.org
- **National Arthritis Awareness Month** - www.arthritis.org
- **National High Blood Pressure Month** - www.nhlbi.nih.gov

Go to www.healthfinder.gov/nho/ for more information on monthly health observances.



B. NUTRITIOUS

Try this recipe at your next cookout instead of burgers and “dogs”:

Grilled vegetables and steak.

- 1 lemon, zested and juiced
- 1 tablespoon dried oregano
- 1/4 teaspoon freshly ground pepper
- 10 ounces white mushrooms, stemmed
- 1 medium zucchini, halved lengthwise and sliced into 1-inch pieces
- 1 pound filet mignon steak, 1-1/2 to 2 inches thick, cut into 4 pieces
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon salt
- 16 cherry tomatoes
- 1 small red onion, cut into wedges
- 1 each peppers, red and green, cut into thin strips

Step 1 Preheat grill to high.

Step 2 Combine lemon zest, lemon juice, oil, oregano, salt and pepper in a large bowl. Reserve 2 tablespoons of the marinade in a small bowl. Add tomatoes, mushrooms, zucchini, peppers and onion to the remaining marinade; toss well to coat. Thread the vegetables onto eight 10-inch skewers. Drizzle the vegetables and steak with the reserved marinade.

Step 3 Grill the steak 4 to 6 minutes per side for medium. Grill the vegetable kebabs, turning frequently, until tender and lightly charred, 8 to 12 minutes total. Remove the vegetables from the skewers and serve with steak. Makes four servings.



Mark My Words

Question:

Why should I hire a personal trainer? And, if I decide to, how do I choose a good personal trainer?

Sarah S.

Answer:

So many times I see people in a gym reading a "fitness" magazine then trying to implement the workout they were reading about into their workout. Those same people usually ask, "hey am I doing this right"? Or "what do think of this program"? This is why top athletes still hire personal trainers. They do not want to waste any time figuring out if the program works and they cannot afford an injury.

If you had to put new brakes on your car and take your family on a trip, would you download an article off the internet, attempt to fix the brakes yourself and then drive away with your family in that vehicle? I hope not, unless, of course you were a mechanic. I am not sure why people treat their car better than their body. You only have one body.

That being said there is a difference between certified and qualified trainers. Make sure your trainers' certifications are current. Ask to see them. If they work outside of a health club make sure they have proof of insurance. Ask for references and years of experience. Some people just use trainers that look good. That does not mean they know what they are talking about. Remember golf pros that teach players how to golf, do not play on tour. One thing I always looked for when hiring trainers was their ability to teach. What good is all that knowledge if they cannot teach you anything? A few of the top organizations for personal training certifications are: American Council on Exercise, National Academy of Sports Medicine, American College of Sports Medicine and American Fitness & Professionals Associates.



B.ACTIVE

Recent reports indicate that most women need sixty minutes of exercise a day. How do you get sixty minutes of exercise in your already overly committed day? Take a look at the following ideas and see what works for you.

- Park further away from the office, the grocery store or anytime you go shopping, just make sure it is in a safe area.
- Use rest rooms on a different floor and use the stairs.
- While at your desk stand up and sit down 15-20 times every thirty minutes.
- Limit the time you spend on all types of media, including cell phones.
- Walk before work, after work and over your lunch break.
- While watching TV walk in place, do push-ups or sit ups during the commercials.

B.PROTECTED

As the summer months approach, remember to protect yourself against the hazards of overexposure to the ultraviolet rays of the sun. For more information go to our website, click on Wellness and check out the July 2009 edition of this newsletter.

- Wear a hat with a brim and do not forget to keep your neck covered.
- Always wear sun glasses.
- Always use sun block and keep covered up.
- Stay hydrated - drink plenty of water.



If you have a question you would like answered please contact me at mkrug@benecon.com.
www.benecon.com www.connectcare3.com