

*“Be careful about reading health books. You may die of a misprint.”*

- Mark Twain

## B. ACTIVE



Exercise can reduce the risk of many chronic diseases and illness such as:

- Stroke
- Heart Disease
- Diabetes
- Cancer
- Alzheimer's

### **Exercise also:**

- Boosts your immune system
- Reduces stress
- Can assist in the treatment of depression

Exercise is just like physics. A body in motion tends to stay in motion, while a body at rest tends to stay at rest.

## B. NUTRITIOUS

### **Power Tuna**

- 6 - 6oz cans of Fancy Albacore Tuna
- 2 avocados
- 6 green onions
- 3 celery stalks
- 1 cup petite baby carrots
- 3 tablespoons spicy mustard
- 4 Sauder's hard cooked eggs
- Dashes- pepper and kosher salt
- 3 oz. sweet relish



Drain and place tuna into a large bowl. Remember to recycle the cans. Cut the avocados in half, lengthwise, remove the pit and scoop out the "meat". Dice and place in the bowl. Cut the green onions, celery and petite baby carrots into small pieces and place in the bowl. Slice the Sauder's hard cooked eggs and put into the bowl with the spicy mustard, sweet relish, salt and pepper. Mix all ingredients thoroughly. Makes approximately 8-10 servings.

**Office power lunch:** microwave a medium-sized yam for 3 minutes. Remove and place on a plate. Slice open the yam and place 1-1 1/2 cups of the power tuna on top.

**On the road?** No problem! Put your power tuna in a 100% whole wheat pita pocket instead of on a yam.

## B. GREEN

Part of living a healthy lifestyle is living in a healthy environment. Take steps to improve your environment by recycling. It seems like almost anything can be recycled. Everything from cans to even styrofoam can be recycled. Please check your trash for recyclable items and place them in the proper bin. Look for alternative uses for items you throw away.



## Mark My Words

### Question:

Which one of the late night infomercial workout dvd's is best? - Tony G

### Answer:

Now that is a great question. It really depends on a few different things:

What are you looking to accomplish? In other words what are your goals? If your goal is to run a 5K race some of the workouts will not be geared specifically for your particular circumstance.

Are you morbidly obese and looking to begin a weight loss program? Then a high energy dance type dvd may not be your best choice.

The one thing you will find when you read all the "fine print" of all those infomercials is that they all have one thing in common. They all say, "when combined with a sensible nutrition plan". The key to success in almost every program is combining activity/exercise with a sensible, balanced nutrition program.



## B. A QUITTER



If you quit smoking you can expect some immediate and long-term benefits:

- After 20 minutes your blood pressure will drop.
- After 8 hours your carbon monoxide levels are lower.
- After 48 hours your sense of smell and taste improve.
- After 5 years your chances of dying from lung cancer are reduced by half.
- After 15 years your risk of heart disease is equal to that of a non-smoker.

If you are ready to quit, check with your family physician or your health insurance company. They can assist you with a smoking cessation program that works for you. Go to [www.cancer.org](http://www.cancer.org) for more facts and information.

## B. HYDRATED

It is important to stay hydrated when working or exercising outside during the summer months. Drink plenty of water throughout the day. If you notice dry skin, chills or head rushes you may be experiencing dehydration. Do not ignore these signs. Drink water, rest in the shade and contact your family physician immediately.



## B. REALISTIC

Having realistic goals is one of the most important aspects of any program. When clients come to me wanting to lose 50-100 pounds one of the first items we discuss is what that looks like. The first week of a balanced meal plan can sometimes produce a weight loss of 10 pounds. That is not sustainable week after week and generally represents a water weight loss. Losing two to three pounds a week is a good indicator of a sound approach and a realistic goal.



If you have a question you would like answered please contact me at [mkrug@benecon.com](mailto:mkrug@benecon.com).  
[www.benecon.com](http://www.benecon.com) [www.connectcare3.com](http://www.connectcare3.com)