



Total Wellness[®] BECOMING A TOTAL PERSON[®]

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Fitness Facts

- ◆ Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy; children and teens need 60 minutes of activity a day for their health.
- ◆ Thirty to 60 minutes of activity broken into smaller segments of 10 or 15 minutes throughout the day has significant health benefits.
- ◆ Moderate daily physical activity can substantially reduce the risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers, such as colon cancer.
- ◆ Daily physical activity helps to lower blood pressure and cholesterol, helps prevent or slow down osteoporosis, and helps reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis.
- ◆ The major barriers most people face when trying to increase physical activity are time, access to convenient facilities, and safe environments in which to be active.
- ◆ Social support from family and friends has been consistently and positively related to regular physical activity.

Source: U.S. Department of Health and Human Services, www.fitness.gov.

Get in Shape for a Healthy Life

According to the President's Council on Physical Fitness and Sports, studies conclusively show that staying active – whether through sports, exercise, or everyday chores – can help you live longer and enjoy each day more. In fact, regular physical activity can enhance both your physical and mental health and help prevent many health problems including heart disease, obesity, diabetes, osteoporosis, and certain cancers.

The U.S. Surgeon General says that physical activity offers the following benefits:

- Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.
- Can help reduce blood pressure in some people with hypertension.
- Helps maintain healthy bones, muscles, and joints.
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
- Helps control weight, develop lean muscle, and reduce body fat.
- Can help you sleep better
- Can reduce some of the signs of aging.

While it's not always easy to be physically active, here are tips on how you can be more active:

- ◆ Schedule a specific time for exercise each day – like first thing in the morning or after work.

- ◆ Pick an exercise buddy and keep each other motivated.
- ◆ Develop exercise goals – short- and long-term – and write them down.
- ◆ Keep a journal of your progress and reward yourself when you reach a goal.
- ◆ Select physical activities that you enjoy – such as tennis, walking, golf, lifting weights, aerobic dance, bicycling, running, or swimming.



- ◆ Take the stairs instead of the elevator or escalator.
- ◆ Walk with a coworker or friend during your lunch hour.
- ◆ Sit in a rocking chair instead of regular chair and rock the chair back and forth using your leg muscles.
- ◆ When mowing your lawn, use a push mower. Volunteer to help older adults or other people in your neighborhood who need help with their yard work.
- ◆ Join a softball league or other sports team in your community or become a coach or referee.
- ◆ Walk your dog in your neighborhood or at a local park.
- ◆ Vary your routine to prevent boredom – walk one day and bicycle the next.

Note: If it's been a while since you've exercised, check with your doctor before embarking on an exercise program.

For more information, visit the President's Council on Physical Fitness and Sports at www.fitness.gov.

Handling Your Financial Variables

If you handle money, you know the meaning of the word “variable.” In other words, some expenses are irregular. So, how do you plan for something you can’t predict?

Using the technique of short-range planning, you can budget for irregular expenses on a monthly basis. These expenses include things like utility bills, auto maintenance, medical costs, and clothing.



By averaging utility bills over one year, money can be stored from low-use months to offset the cost of high-use months. For clothing and medical bills, establish a monthly reserve. The reserve method can also be used for expenses like annual or semiannual insurance payments. For example, if your automobile insurance is \$1,200 per year, set aside \$100 per month so the bill can be paid when it’s due.

A vacation can be planned in the same way. Decide what you need for the coming year’s trip and simply divide the amount by 12 to determine what you should save on a monthly basis.

Remember that items like automobiles, appliances, and household goods like furniture, rugs, and draperies, wear out or deteriorate over time. So you should make periodic allocations to a fund to replace these items as necessary.

In the case of your automobile, you’re setting aside money to cover maintenance, insurance, and depreciation, which will eventually require you to replace your automobile. However, to get the most out of your investment, keep your automobile for at least five years or 100,000 miles.

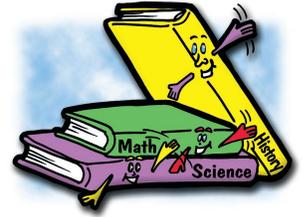
Where do you keep the money you set aside? For most people, it’s difficult to keep allocated funds available in their checking accounts. The temptation to misspend is too great. To solve this problem, at the end of each month transfer any allocated money not actually used to your savings account. Your savings ledger can show the various categories for which money is being saved. (Note: If your bank limits the number of transfers between accounts that you can make each month, don’t transfer any funds that you know you will need in the very near future.)

If you haven’t tried monthly allocating, I encourage you to do so. Failure to plan for short-range variables and depreciating items results in crisis planning, which often leads to unnecessary debt. Control your expenditures; don’t let them control you.

Larry Burkett (1939-2003), a well-known author, teacher, and radio personality, was co-founder of Crown Financial Ministries, whose daily radio broadcasts are heard on more than 1,000 stations in the U.S. Larry’s best-selling books include The Coming Economic Earthquake, What Ever Happened to the American Dream? and Victory Over Debt.

Keep Your Kids Busy During the Summer

For older kids, finding a simple job they can do during the summer to earn a little extra spending money can be enjoyable and a great learning experience. **Here are a few ideas on ways your child can earn some money this summer:**



- ◆ Baby-sit younger kids.
- ◆ Tutor a friend or younger child who needs help in school.
- ◆ Open a lemonade stand in their front yard.
- ◆ Walk dogs or care for pets while neighbors go away on summer vacation.
- ◆ Do yard work and gardening for those who need help. Offer services to cut grass, weed gardens, and do general yard work for people.
- ◆ Wash cars. Get a group of friends together and with parents permission, wash cars for people who need them washed.
- ◆ After kids clean out their closets and toy chests, hold a garage sale and allow them to earn the profits for their own items that are sold.

Note: Be sure and obey any laws about kids working and also avoid doing jobs that aren’t safe.

Protect Your Interests

Credit card companies say simple defensive measures can protect you from fraud. Easy steps include shredding new credit card offers and old credit card statements, and not leaving your payment envelope in the mailbox. **Other things you can do:**

- ◆ Make sure the credit card company has your phone number so it can call if a suspicious charge appears.
- ◆ Don’t use your credit card for Internet purchases unless it’s a trustworthy site that has security measures in place.
- ◆ If you get a call or E-mail about an unusual charge on your account, give no information on the phone. Take a name and call back using the customer service telephone number.
- ◆ Keep track of your transactions. You should be able to tell the company what your last five purchases were.
- ◆ Notify the company if a statement or new card fails to appear.
- ◆ Check your receipts against credit card charges, recommends the Consumers Union.
- ◆ Keep a record of your account numbers, their expiration dates, and the card company phone numbers in a secure location.

Biking: A Fun Way to Get Fit

Did you know that bicycling can reduce stress and increase your feelings of well-being? Riding your bicycle can also be good for your heart, wallet, waist line, and muscle tone.

Before you embark on a bicycling expedition, review these general safety tips:

- ▲ Plan your route ahead of time. Pay attention to uneven pavement, pot-holes, and busy intersections.
- ▲ Check your bike before riding.
- ▲ Always wear a properly fitting helmet to protect your head.
- ▲ Wear clothing that helps you to be seen on the road. Also, use lights on your bike and wear reflective clothing if riding in low-visibility conditions or at night.
- ▲ Keep yourself hydrated. Drink plenty of water at regular intervals during your ride.
- ▲ Be prepared for an emergency. Carry a small tool set, first-aid kit, and a cell phone in case you need them.
- ▲ Obey traffic rules and use proper hand signals for changing lanes and turning.
- ▲ Stay alert by keeping your head up and your eyes constantly scanning your surroundings.



Protect Yourself from the Heat

Here are tips on how to keep yourself cool this summer: • Drink plenty of water. • Wear lightweight, loose-fitting clothing. • Wear hats or use an umbrella when outside. • Try to stay inside during the hottest time of the day. • If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop activity and find a cool place.

For more heat safety tips, visit the American Red Cross at <http://www.redcross.org/>.



Avoid Back Strain While Gardening

• Warm up with a brisk walk and simple stretches to loosen your muscles and increase your flexibility. • Recognize your strengths and limitations. Don't overexert. Vary your activities and take regular rest breaks. • Avoid bending over repeatedly while standing. Kneel or sit on the ground or a gardening bench to complete the task. • Use long-handled tools to give you leverage and help you avoid having to stoop. • Lift dirt and plants by letting your arms, legs, and thighs carry the load. When picking up a load, always bend at the knees and use your legs to help you lift it. • Carry objects close to your body. Keeping the load close to your center of gravity reduces the risk of straining your neck and back. • Don't work too long in one position, especially one that's awkward or unusual.

Mind Your Heart

Every second of every day your heart pulses and pumps oxygenated blood throughout your entire body to keep you alive, alert, and well. This wondrous muscle is the core of your being, empowering your whole body. The more you work this muscular organ, which on average is the size of your fist, the more you excel in daily activities.

Imagine this. Every day your heart beats over 100,000 times, pumps 1,900 gallons



of blood throughout your body, and forces the blood to travel a staggering 12,000 miles. A healthy heart also helps regulate blood pressure by producing a hormone that aids the kidneys in eliminating salt from the body. With a host of overwhelming duties, wouldn't you think that

it would be wise to put a special emphasis on training and strengthening this muscle?

Here are some simple steps you can take to train your most important muscle on a daily basis. The first thing to do is to always keep your mind on your heart. Be creative and retrain your mind to make simple choices that help your heart. Instead of taking the elevator at work, take the stairs. Get out of the office during lunch and go for a brisk walk. If you're a runner, challenge your heart by incorporating quick sprints into your existing workout. Also, you can really work your heart by performing squats and lunges, because you're using the large muscle groups in your legs and therefore more blood needs to be pumped harder to get to the area that is working.

Minding your heart also means paying attention to what you feed it. For optimal heart function, make sure to eat plenty of fruits, vegetables, whole grains, and fish. Keep in mind that eating foods with less saturated fat, less sodium, fewer calories, and more fiber are key.

Since heart disease is a leading cause of death for men and women in America, you need to take notice and truly mind your hearts. You'll be amazed at how it goes hand in hand with losing weight, feeling better, and staying strong.

Wendie Pett is a wife, mother and fitness expert, the author of Every Woman's Guide to Personal Power, as well as the National Sales Director for Koechel Peterson & Associates and Bronze Bow Publishing. She's an instructor in the Transformetric Training System that maximizes strength and fitness as well as wellness. For more information on Wendie and Transformetrics, visit www.bronzebowpublishing.com.



Ignite Enthusiasm in Your Daily Activities

By Paul J. Meyer



When Emerson said, “Every great and commanding movement in the annals of the world is a triumph of enthusiasm,” he was speaking not only of world history, but also of everyday events in the lives of everyday people. Enthusiasm is the outward reflection of inner confidence. You command every situation in life by taking each step with enthusiasm.

Enthusiasm is not for sale; you cannot buy it, but you can create it! And once created, enthusiasm is your greatest single source of productivity. **Consider enthusiasm’s power points:**

- ▲ Enthusiasm is a knowledgeable indicator. It announces in letters 10 feet tall that you are completely familiar with an idea, a plan, your business, your profession, or the product you sell.
- ▲ Enthusiasm produces energy. Just as every living plant draws energy from the sun, so the brilliance of your enthusiasm produces unlimited excitement and zest for your work.
- ▲ Enthusiasm is contagious. Enthusiasm is as much a part of your personality as your smile, your posture, or your handshake. No one can be exposed to its radiant force without being favorably affected.

Enthusiasm is power – unlimited power! But remember, the true enthusiast expresses power naturally and appropriately. Doing the minimum a job or profession demands may satisfy others, but as a genuine enthusiast, you will not be satisfied unless you are doing what most people call “impossible.” Accomplishing the “impossible” will require much skill and perseverance, but when you are a real enthusiast, excellence is just a normal way of life.

Practice applying enthusiasm to every moment of your daily life: to all of your work, to your family life, and to your social life. Think “I can!” Assure yourself that you can do it, and you will do it because you believe in yourself and your own powers of accomplishment.

Saturate yourself with confidence and belief! For when this belief is embedded in your consciousness, you will be a true enthusiast – a master of “thoughts that breathe and words that burn.” You will possess the infinite power of enthusiasm!

Paul J. Meyer was a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Forgiveness... The Ultimate Miracle. For more information, visit his website at www.pauljmeyer.com.

Ban Boredom

Until he retired a few years ago, a man worked as a traffic cop. His job was to stand in the middle of an intersection and direct traffic, and after a time, that became boring – same intersection, same traffic, and same rude drivers. He was becoming frustrated with his “everydayness of every day,” and he decided to do something different, something that would eliminate the boredom and make his work more fun. So he started dancing as he signaled. Standing in the middle of the intersection, he swirled, moved his arms, and swayed to the music – entertaining himself and having a great time. He took responsibility for his boredom and took it upon himself to make his work more interesting and a lot more fun.



Of course, as is usually the case, this man’s enthusiasm was contagious. The motorists and pedestrians who passed through his intersection loved the show. Seeing him dancing and having fun made them smile and added enjoyment to their day as well. People started telling their friends and coworkers, and pretty soon folks were driving through the intersection just to get a look at the dancing cop.

Are you bored? If so, take responsibility for your boredom and do something about it. You live in a fascinating world. There’s so much to do, so many things to learn and so much to experience. Like the dancing cop, you can make your life more interesting and fun.

Julie Alexander is a professional speaker who works with organizations that want to boost morale and people who want great days on and off the job. She is the author of Great Days: 50 Ways to Add Energy, Enthusiasm, & Enjoyment to Your Life and Make Life Count! – 50 Ways to Great Days. For more information, visit www.JulieAlexander.com.



“Success doesn’t come to you... you go to it.”

– Marva Collins

InSync® Moment – Change Your Investment Strategy

Do you expect to receive a good return when you invest your resources of time, energy, and emotion? Are you receiving a disproportionate return on any of your current investments? Do you continue to invest anyway? Would you

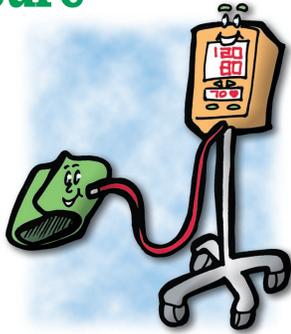


benefit from some other investment? Is it time to make some changes? Know when to change your investment strategy.

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Take Measures to Lower Your Blood Pressure

As many as 50 million people in the United States either have high blood pressure or are taking medication to control their blood pressure. Blood pressure is the force of the blood flowing against the walls of your arteries. It's measured by two numbers called systolic and diastolic pressure. *Systolic* pressure is the pressure when the heart contracts and pumps blood through the body. *Diastolic* pressure is the pressure between pumps, when the heart is resting. A normal blood pressure reading is typically 120 (systolic) over 80 (diastolic). Blood pressure higher than this can raise your risk for stroke, kidney failure, heart disease, and heart attack.



What are the symptoms of high blood pressure? High blood pressure is unknown in about 90 percent of cases. Some factors that could cause high blood pressure are genetics, age, race, stress, obesity, smoking, a high-salt diet, excessive consumption of alcohol, and a sedentary lifestyle. Some people with high blood pressure may experience nose bleeds, racing or irregular heartbeats, headaches, and dizziness.

Here are several tips: • Have your blood pressure checked regularly by your doctor. • Stop smoking or using any forms of nicotine. • Limit your salt intake. • Eat more fresh vegetables and fruits as well as foods with high fiber and less fat. • Reduce stress in your life at home and work. • Exercise regularly and keep your weight at a healthy level. • If you're prescribed medicine, take it exactly as directed by your doctor.

For more information, visit the National Heart, Lung and Blood Institute at www.nhlbi.nih.gov/hbp.

Stroke: Pay Attention to Signs

To lower your risk of stroke: First, take preventive measures to reduce your risk. Second, know stroke's signs and symptoms and get emergency treatment immediately if they occur. **If you or someone around you has these symptoms, call 911 immediately:** • Sudden weakness in the face, arm, or leg, especially on one side • Confusion, slurring of speech, or difficulty understanding • A change in vision, particularly in one eye • Trouble walking, signs of dizziness, or loss of balance or coordination • Sudden, severe, or unexplained head pain accompanied by a stiff neck, facial pain, pain between the eyes, nausea, or altered thinking.

For more information, visit the National Stroke Association at www.stroke.org.



The Skin You're In

Your skin conveys a lot about your health. The effects of a poor diet, stress, fatigue, smoking, excessive sunlight exposure all show up in your skin.

Changing your diet, reducing stress, getting more sleep, or giving up certain bad habits can result in a marked improvement in your skin's health and appearance. But damage from overexposure to the sun can accumulate long before you see evidence of it, and by the time the damage appears, you may be faced with the uneven skin tone and wrinkles of premature aging. Or you could be dealing with a more serious condition, such as skin cancer.

Be Savvy about Skin Cancer

More than 1 million people in the United States are diagnosed with skin cancer each year, and approximately 50 percent of all people will suffer some type of skin cancer by age 65. With days of summer sunshine just ahead, be sure you protect your skin adequately from too much exposure to the sun's rays.

To minimize your risk of skin cancer and provide the protection you need: • Avoid spending time in the sun from 10 a.m. to 3 p.m. • Don't leave the house before applying a broad-spectrum sunscreen with a minimum SPF of 15. • Wear a hat and sunglasses to protect skin not covered by sunscreen.

Early detection is the key to the successful treatment of any type of skin cancer. Basal and squamous cell carcinomas have a cure rate of up to 90 percent with early detection and treatment. Even melanoma, generally the most serious form of skin cancer, may be cured if identified and treated early enough.

Skin Self-Exams

All marks on your body, whether they're freckles, scars, moles, age spots, or birthmarks, should be monitored for the following: • *Asymmetry*: not uniform in shape • *Border*: jagged, irregular, or blurred borders • *Color*: not uniform in color; a mix of brown, black, red, blue, or white • *Diameter*: larger than a pencil eraser (approximately 1/4 inch in diameter) • *Elevation*: raised marks or uneven texture. In addition, a mole that itches, bleeds, doesn't heal, or grows rapidly requires an evaluation by your healthcare provider.

By actively patrolling the health of your skin, you can help it look younger and stay healthier for years to come.

For more information on skin care, visit the RealAge Skin Care Center at <http://www.realage.com/RealBeauty/intro.aspx>.

By Michael F. Roizen, M.D., author of RealAge: Are You as Young as You Can Be? and The RealAge Diet: Make Yourself Young with What You Eat. Roizen, an internist and anesthesiologist, has been listed for the last 13 years in The Best Doctors in America, published by Woodward/White. For more information on RealAge, visit www.RealAge.com.



Build a Barrier Against Allergies

Millions of Americans suffer from allergies. Keeping those allergies out of your home is an important task. **Here are several ways to keep allergies from infiltrating your home:**

- ◆ Choose house plants that have low pollen counts—miniature rose, begonia, peace lily, and Swedish ivy.
- ◆ Don't allow smoking in your home.
- ◆ Limit the use of strong odors or spray perfumes, air fresheners, and talcum powder.
- ◆ If you have throw rugs, use ones that are washable and wash them often.
- ◆ Encase mattresses, box springs, and pillows in airtight plastic or special allergen-proof fabric covers.
- ◆ Wash bedding weekly in hot water and dry in a hot drier.
- ◆ Vacuum your home weekly. Use a vacuum that has a HEPA (high-



efficiency particulate) filter on it to prevent the dust from entering the air.

- ◆ Keep pets out of the bedroom or other rooms where family members who have allergies spend time.
- ◆ Keep your home clean and dry to avoid cockroaches, which can trigger allergies and asthma in some people.
- ◆ Consider using in-home air filters that recirculate and clean the air. Select HEPA filters for your air conditioner. Replace filters regularly.

Be Cautious with Electricity

- ❖ Use appliances and equipment according to the manufacturer's instructions.
- ❖ Replace damaged equipment or have it repaired at an authorized repair center.
- ❖ Make sure power strips, cords, and surge protectors are designed to handle the loads for their intended use. Avoid overloading circuits by plugging too many items into the same outlet.
- ❖ Avoid contact with power lines. If you see fallen wires, call 911.
- ❖ Unplug outdoor tools and appliances when not in use.
- ❖ Avoid damp conditions—including wet grass—when using electricity. Put covers on outdoor receptacles near swimming pools.

Source: Electrical Safety Foundation, www.electrical-safety.org

Watch Out on the Waves

Many people go boating for summer fun, but before you head out, **consider some of these safety tips:**

- Operate at a safe speed and be ready to react quickly in emergencies. Follow all navigational markers.
- Be on guard for boater's fatigue caused by the sun, wind, vibration, and motion.
- Watch for submerged rocks, logs, and other obstacles.
- Know the boating "rules of the road." Take a boating education course. Most accidents are caused by operator error, inattention, carelessness, and inexperience.
- Watch for and avoid overhead power lines when operating a sailboat.
- Bring a first aid kit, sunscreen, sunglasses, and a tool kit in the boat.
- Have fire extinguishers on board. Be aware of the risk of carbon monoxide poisoning. Ensure sufficient ventilation, and install CO detectors.
- Avoid alcoholic beverages. Their use affects judgment, vision balance, and coordination. U.S. Coast Guard data show that in fatalities involving alcohol use, over half of all victims capsized their boat or fell overboard.
- Make sure everyone on board is wearing a Coast Guard approved life jacket that fits properly.



For more boating safety tips, visit the U.S. Coast Guard at www.uscgboating.org.

How to Save Money This Summer

- Seal it up. Insulate the attic, stop air leaks, and install energy efficient windows.
- Plant trees. Plant them so they shade the house. Carefully positioned trees can save up to 25 percent of a household's energy consumption.
- Circulate air with a ceiling fan. Fans are especially effective in large rooms, common areas, and upstairs bedrooms.
- Use a digital thermostat. Set it so the house isn't as cool during times of the day when no one is at home. It will work automatically and save time and money.
- Cook with care. Cook outside on the grill to keep the heat outdoors. Don't use your oven on hot days. Try cooking with the microwave more often.
- Fix hot-water drips. A single dripping hot water faucet can waste 212 gallons of water per month. Fixing the drip saves the cost of heating water.
- Light for less. Use compact florescent light bulbs in fixtures you use the most.

Enjoy Strawberries

There's more to those juicy red fruits than dessert. Many ancient people thought they had magical powers. The Romans believed strawberries could cure just about everything.



Mythical healing powers aside, the ancients were still on the right track. Strawberries can be responsible for some great health benefits.

In fact, according to the California Strawberry Commission, eight medium strawberries provide 84 milligrams of vitamin C or 93 percent of the recommended daily intake. That's more vitamin C than one medium orange, which contains 74 milligrams of vitamin C.

Here are some delicious ways to use strawberries:

- Process four cups of strawberries with a touch of honey. Freeze in a shallow pan and then return to the processor until it's the consistency of sherbet.
- Beat softened cream cheese with enough milk to make a mixture of dipping consistency. Blend in crumbled blue cheese. Makes a wonderful dip for berries.
- Mix halved strawberries and chunks of honeydew melon with a spoon of lime juice and candied ginger. Sweeten with honey.

Source: California Strawberry Commission, www.calstrawberry.com

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her book, *The Energy Edge*, gives power points to have energy for life!



Have a "Berry" Healthy Summer

It's that luscious time of year when berries explode with color. The reds, the blues, and the blacks attract us, but there's far more to berries than meets the eye.

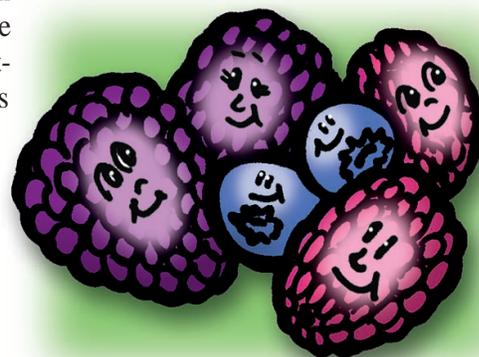
They're loaded with compounds that keep your body and brain working right and staying young. So impressed are researchers at Ohio State University that they recommend everyone eat berries every day.

When it comes to total antioxidant power, four of the top 10 fruits and vegetables are blueberries (ranked number one), strawberries, raspberries, and blackberries. They're rich sources of *quercetin*, a potent antioxidant.

Another thing that makes berries so special is a compound called *ellagic acid*, which is believed to prevent cellular changes that can lead to cancer. All berries have some of it, but strawberries and blackberries have the most.

All berries are also rich in vitamin C, one of the best antioxidants. It's particularly important in preventing cataracts. And berries also contain large amounts of insoluble fiber, which keeps bowels moving.

Want to feed your brain? Researchers at Tufts University have discovered that compounds found in blueberries may



actually improve your memory. In *The Color Code, A Revolutionary Eating Plan for Optimum Health*, Dr. James Joseph recommends eating berries every day.

Strawberry Sauce

1 cup fresh strawberries
1/4 cup all-fruit strawberry spread
Puree the strawberries in a blender until smooth. Add fruit spread and mix well.

Use as a delicious dessert sauce or topping for fresh fruit, pancakes, or French toast.

Makes 4 Servings, 1/4 cup each.

Per serving: 35 Calories

Protein 0 gr., Carb 8.5 gr., Fat 0 gr., Cal. from fat 0%, Chol. 0 mg., Sodium 17 mg.

ANGEL FOOD CELEBRATION CAKE

Makes 12 servings

- 1- 10-inch Angel Food Cake*
 - 1/2 pt. frozen mango sorbet
 - 1/2 pt. frozen raspberry sorbet
 - 1/2 pt. fat-free frozen vanilla yogurt
 - 1 mango, peeled and sliced
 - 1 cup raspberries
 - 2 cup strawberries, halved
 - 1/4 cup Strawberry Sauce
- * You may use your favorite recipe or buy a prepared mix and follow package directions.
Cut cake horizontally to make 2 layers.
(To split, mark side of cake with

toothpicks and cut with long, thin serrated knife.)
Immediately before serving, top bottom layer with alternating scoops of half the sorbets and frozen yogurt. (Work quickly – it melts!) Sprinkle with half of the sliced fruits. Place top layer of cake firmly on the bottom layer, then top with rounded scoops of remaining frozen products and sprinkle with remaining fruit.
Drizzle sauce over all of it.

From Pamela Smith's *Eat Well, Live Well*. Visit www.pamsmith.com for more information.

Each serving contains: 143 calories, 2 g. protein, 1 g. fat, 0 mg. cholesterol, 25 g. carbohydrates, 190 mg. sodium. Calories from fat 1 percent

✂ clip and keep

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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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wellness

Eating Healthy While Dining Out

Most people spend about 40 percent of their food budget dining away from home. For people who are striving to be health-conscious, dining out can be a culinary challenge. **Here are tips on how you can make healthy choices while eating out:**

- ◆ For breakfast, select healthy choices such as: • cereal with skim milk and fruit • whole-wheat French toast and berries • fresh fruit with cottage cheese or yogurt • fresh vegetable egg-white omelet and unbuttered whole-wheat toast.
- ◆ Say no to sauces. Mayonnaise, special sauces, and sour cream can triple the fat, sodium, and calories you consume.
- ◆ Shun the cheese. The cheeses commonly used at fast-food restaurants are high in fat, cholesterol, and calories.
- ◆ When selecting a salad, leave the mayonnaise-based dressings, croutons, and bacon bits at the bar. Add extra lemon juice or vinegar for moistness.
- ◆ Order water, sparkling water, club soda, or fruit juices for your beverage.

Put Some Fun in Your Life

Enjoying life is more than just making a lot of money and buying new cars or big houses. Enjoying life is also spending time with your family and friends and having simple fun. **Here are several ways you can perk up your life by adding a little fun to the mix:**

- Rent some funny movies and watch them with a group of friends or your family.
- Play dress up with your kids. Put on funny hats and then pose in front of a mirror or make a funny video modeling your outfits.
- Play fun board games with your family or friends. Pick games that allow people to act silly or interact with one another.
- Read some jokes or the comics and laugh out loud. After all, laughter is good medicine!
- Phone a longtime friend and reminisce about the good old days over lunch or dinner.



Be Aware of the a.m. Brain Drain

There's more than one reason why you shouldn't cut the grass at 7 a.m. in the morning. The most important reason is you're probably not safe doing it. The fuzzy brain feeling you have when you first wake up, called sleep inertia, can be as bad as being drunk, say researchers at the University of Colorado-Boulder. It can last from a few minutes to an hour or more, depending on the individual. The area of the brain responsible for problem solving, complex thought, and emotions takes longer to wake up than other parts of the brain. If you'll be working with machinery or driving in heavy traffic, it's recommended that you be awake for at least an hour before you start.