



# Newsletter

Volume 1, Issue 3

Feb 21-27, 2011

## WOW

(Workout of the Week)

This week the WOW's is on **Saturday, February 26th at 10 am** at the Firm Fitness Center with Certified Personal trainer Shane Cross. This will be a CrossFit class.

Shane has a lot of experience and knowledge about fitness to share with you.

Recipe for the Week: Mahi Mahi with Cilantro and Lime

4 Servings

### Ingredients:

2 shallots, chopped  
1/4 cup chopped cilantro  
1/2 cup lime juice  
2 Tbs Olive oil  
1/4 tsp alt  
1/4 tsp fresh ground pepper  
4 (4 oz) mahi Mahi fillets

Combine shallots, cilantro, lime juice, olive oil, salt and pepper in a medium bowl. Pour over Mahi Mahi.

Grill, covered with grill lid, on a grill rack coated with non-stick cooking spray over medium-high heat 6 to 8 minutes or until fish flakes with a fork. Garnish with fresh cilantro if desired.

Nutrition Facts: 1 Serving

Calories: 171

Total Fat: 7g

Total Carbs: 4g

Protein: 21g

## Fast Way to Lose Weight? Get Moving

Torching a few extra calories from your day would be a great way to edge closer to your high school size. And here's a really easy way to do it: Just flip a switch.

Specifically, the on-off switch on your TV remote. In a study, people who chopped their TV time in half dropped an extra 100 calories a day without even trying.

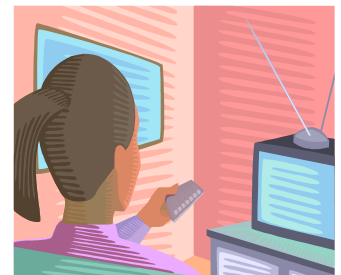
### Small Change, Big Results

Some researchers believe that small day-to-day changes -- like watching a little less

TV -- is where it's at when it comes to improving your health. Think about it: Even if the time you take away from TV viewing is spent talking on the phone, reading a book, or writing in a journal, you'd still burn more calories with those semi sedentary activities than you would if you lounged on the couch watching sitcoms instead.

**A Little Burns a Lot**  
The TV skippers in the study not only burned more calories during the day but also took in fewer calories as well. Clearly, less time spent

absorbing tantalizing advertisements full of fast food burgers and gooey chocolate chip cookies helps keep the refrigerator door shut as well.



Turn the TV off!! Get

## Workout with a Buddy for Extra Benefits!

There's a way to make your workout feel easy, and it's not to slow down or avoid the hills (or skip it altogether!). Simply ask someone to join you -- a buddy or buddy-to-be -- next

time; you might not even notice that you're going strong but feeling it less. Want to get active but can't find anyone who's available? At least take your iPod with you.

When researchers stacked up music and silence, they found that people who worked out to music worked 11% longer without feeling like they were working harder.



Phone: 417-256-7078-Howell County Health Dept  
Phone: 417-256-4592-Healthy Lifestyles

**FIT 4 LIFE**

Public Health:  
Prevent. Promote. Protect.

**Get Healthy!**

Don't forget we have a **Fit 4 Life Facebook page** and we have information like the calendar of workouts and events and weekly newsletters on the Howell County Health Department website at **[www.howellcountyhealthdept.com](http://www.howellcountyhealthdept.com)**.

Be sure to get weighed in every week at Healthy Lifestyles. Here are their hours:

Monday: 9am-12:30pm & 2-6pm

Tuesday: 9am-12pm & 1-4pm

Wednesday: 11am-2pm & 3:30-7pm

Thursday: 10am-1pm & 2:30-6pm

Friday: 9am-3pm

## **3 Secrets to Living -- and Loving -- an Active Life**

Most of us start the new year in love with our new workout gear, only to see it gather dust in the closet a month later. Here's how to keep your interest in activity alive and kicking.

In her book *Outdoor Fitness*, exercise guru and author Tina Vindum recommends this three-pronged approach: meet, play, love.

**1. Meet.** When you have a workout buddy who's planning to meet you for a run or cardio class, you'll be more motivated to follow through. And group workouts and classes offer a built-in support sys-

tem, with shared goals, social interaction, and stick-to-it instructors. Yep, it definitely pays to sweat well with others.

**2. Play.** Think outside the box when it comes to getting active. Any single workout is bound to get stale if you do it over and over. Mix it up a little. Every third day or so, try something that you've never done before. This strategy can also help you use different muscle groups and keep your body from reaching a fitness plateau. Nothing exciting coming to mind? How about African dancing, rope jumping, or roller skating? Even if you're not feeling that ambitious, you can always try

small changes like a new isometric exercise, a new workout video in your own home, or a new batch of tunes on your walk.

**3. Love.** Every once in a while, as you're trying new activities and sports, you may happen upon something that you absolutely love. And that's great. Find a way to integrate that new activity into your routine regularly, whether it's swimming, skiing, snowshoeing, doing jumping jacks, or simply walking a new route that's really pretty. Ideally, your day-to-day activity strategy should be something that stimulates your mind, body, *and* emotions.