

BODYWORKS *Bulletin*

A Toolkit for **Healthy Teens & Strong Families**

New Year...Same Habits? Get on (and stay on!) the BodyWorks Bandwagon

Happy New Year and welcome to the first issue of the BodyWorks Bulletin! There's no better time to revisit the healthy habits you learned from the BodyWorks program you completed in your community.

You're receiving this newsletter because you have completed the BodyWorks program. It might have been in 2010,

or you might have completed the program several years ago. Either way, we want to reconnect and make sure your family is keeping up!

The purpose of this bulletin is to provide healthy recipes, shopping tips, family exercise ideas, and lots more to keep your families fit and healthy in the new year and beyond.



Stay healthy in 2011 with BodyWorks!



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Ready, set, GOAL!

Set some goals for 2011. Here are some examples:

- *Cook a meal with fish twice a week.*
- *Develop a shopping list every week before going to the grocery store.*
- *Plan at least one outdoor family activity each weekend, such as hiking, biking, playing ball, etc.*
- *Eat five servings of fruits and veggies a day, starting today!*
- *Limit time in front of the TV, computer and video game screens to 1 hour per day.*

Dear Diary...

Is your family still journaling? Keeping track of food and physical activity in a journal can help you understand your habits and help define the changes you want to make. Are you and your family writing things

down? Here are some tips:

- ◆ Write down what you ate and physical activity as soon as possible after completing a meal or exercise.

- ◆ Be honest! Write down every bite you eat, including drinks.
- ◆ Write how you feel. This can help you determine why you were eating.

Do you suffer from PORTION DISTORTION? Here's what your servings should look like:



Fruit: 1 medium fruit is about the size of a baseball



Vegetables: 1/2 cup, about the size of a small computer mouse



Cheese (low-fat or fat-free): 1.5 ounces, about the size of 6 dice



Pasta (cooked): 1/2 cup, about the size of a small computer mouse



Fish or lean meat: 2-3 ounces, about the size of a deck of cards



Test your portion knowledge by taking a [portion distortion quiz!](#)

Ingredients:

- 1 pound ground turkey
- 3/4 cup onion, minced
- 2 tablespoons margarine
- 3 cups water
- 1/2 teaspoon garlic
- 1 tablespoon chili powder
- 1 tablespoon dry parsley flakes
- 1 teaspoon paprika
- 1. Directions:
- 2 teaspoons dry mustard
- 1 15.5 ounce can red kidney beans, drained
- 1 6 ounce can tomato paste
- 1/2 cup pearl barley
- 3/4 cup cheddar cheese, shredded

**When it's cold
outside...make chili
inside!**

Turkey Chili
4 servings, 1/2 cup each



For source and nutritional information, see page 47 of your Healthy Recipes cookbook.

Directions:

1. In large sauce pan, cook turkey and onions in margarine until turkey is browned and no longer pink in color, about 9 minutes. Drain; return turkey and onions to pan.
2. Add remaining ingredients except the cheese to turkey mixture; bring to boil; stirring frequently. Cover, reduce heat, and simmer 30 minutes, stirring occasionally.
3. Uncover and simmer 30 minutes, stirring occasionally.
4. Sprinkle 3 tablespoons of cheese over each serving of chili.
5. Serve over cooked macaroni.

Choose this...not that!

Try these lower calorie meat/fish/poultry alternatives:

- ⇒ Low-fat cold cuts (95-97% fat free lunch meats) instead of bologna, salami, etc.
- ⇒ Canadian bacon or lean ham instead of bacon or sausage
- ⇒ Water-packed tuna instead of oil-packed tuna
- ⇒ Egg whites or egg substitutes instead of whole eggs
- ⇒ Turkey sausage instead of chorizo sausage
- ⇒ Unbreaded fish or shellfish instead of breaded or fried fish or shellfish
- ⇒ Round, loin beef trimmed of external fat instead of chuck, rib brisket



Some healthy seafood choices include salmon, sea bass, shrimp, tilapia, sardines, and oysters.

Share your feedback with BodyWorks!

Did BodyWorks change your families' eating and activity habits?

Like this bulletin? Have suggestions for future editions?

Send us your:

- * BodyWorks success stories
- * Thoughts and feedback on

the new BodyWorks Bulletin

- * Updates on how you've stayed involved with BodyWorks
- * Questions about health and nutrition—to be answered by a health professional in our next edition!

Contact us at:

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“Patience and persistence are the hallmarks of maintenance. Time can be an ally as you progress across the stages of change...You don’t have to get everything right all at once...However long it takes to change, consider how many years you may be adding to your life, and how improved the quality of that life will be in the years to come.”

-From *Changing for Good* by James O. Prochaska, John C. Norcross, and Carlo C. DiClemente, 1994.