



Resource Management Services, Inc.

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Your Employee Assistance Provider

## Timely Information for Personal Success

### Tips for Healthy Grilling

By *Tim Lencki*

According to the Hearth, Patio, and Barbecue Association, more than 60% of Americans are grilling year-round, and nearly half are grilling during the winter months. Grill ownership has increased from 10% in 2003 to nearly eight out of 10 households owning a grill today.

However, Heterocyclic amines (HCA) and Polycyclic Aromatic Hydrocarbons (PAH) are formed mostly from heating fat to extreme temperatures or by the smoke that's created from burning fat. Since these are cancer-causing agents, grillers must try to reduce the formation of HCA's and PAH's as much as possible. The following are some tips on how to do just that:

1. **Keep your grill clean.**
2. **Trim excess fats from food before grilling.** Remember, fats are the instigator, so get rid of them.
3. **Use marinades.** They may reduce the formation of unhealthy cancer-causing chemicals by 90%. Use marinades based in olive oils and/or citrus juices. This may be the leading recommendation.
4. **Avoid flare-ups.** They burn foods and increase HCA formation.
5. **Don't overcook foods.** The charred bits on foods are the leading sources of PAH's and HCA's. Use a meat thermometer and cut away any charred pieces. ❖

*Tim Lencki is a strength and conditioning specialist, and author of "Fitness One Day at a Time." Visit Tim's website at [www.thefitnesseducator.com](http://www.thefitnesseducator.com).*

### Summertime Pain Remedies

With summer in full swing, it's likely you will increase your activity level. Whether it's in the form of moving more or lifting things you don't normally lift, you are bound to get sore muscles. Pain can get in the way of the best of intentions. The following are a few ways to get back into action as soon as possible:

➤ **Ice the pain** – Apply ice to the sore area for five to 10 minutes. Wrap ice in a towel to avoid direct contact with skin. The larger the muscle, the more time it takes to "chill out," literally. Ice brings relief by cooling inflammation.

➤ **Massage gently** – Gentle massage can help acute muscle

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### Enjoy Summer, but Don't Forget . . .

With summer here, we can't help but get excited about all the family vacations, cookouts, campfires, etc. But the busyness of summer often puts exercise on the back burner.

You might say, "I'm busy and always doing something during the summer. Doesn't that count as exercise?" It's true that we're often busier during the summer

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[www.foodfit.com](http://www.foodfit.com)

## Healthy Recipe: Steak Teriyaki

### INGREDIENTS:

- 2/3 cup light soy sauce
- 1/4 cup mirin
- 1/4 cup rice vinegar
- 1/4 cup sugar
- 1 tablespoon freshly grated ginger
- 2 cloves garlic, minced
- 2/3 cup beer
- 2 pounds London broil

### NUTRITIONAL INFORMATION:

- Calories per serving: 260
- Fat: 10 g.
- Protein: 33 g.
- Sodium: 537 mg.
- Carbohydrates: 7 g.
- Fiber: 0 g.
- Saturated fat: 4 g.

### DIRECTIONS:

1. For the teriyaki marinade, combine soy sauce, mirin, vinegar, sugar, ginger, garlic, and beer in small saucepan. Cook over high heat until mixture reduces by half. Let cool.
2. Marinate the London broil in teriyaki marinade, cover, refrigerate for at least 20 minutes or up to 8 hours.
3. Preheat grill.
4. Grill steak on each side until cooked through, about 4 to 8 minutes per side, depending on thickness of steak and how you like it done.

**Serving size:** about 1/3 pound

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## What are 'Core' Muscles?

**Q:** In your articles, you sometimes refer to "core" muscles? What are they? Why are they important?

**A:** The "core" consists of many different muscles that stabilize the spine and pelvis. They run the entire length of the torso. Some of these muscles include the abdominals, erector spinae, glutes, obliques, and a number of others. These muscles make it possible to stand upright and move on two feet. They help control movements, transfer energy, shift body weight, and move in any direction.

Core conditioning exercise programs need to target all of these muscle groups in order to be effective. A strong core distributes the stresses of weight-bearing and protects the back. Core training also corrects postural imbalances that can lead to injuries. The biggest benefit of core training is to develop functional fitness – that is, fitness essential to both daily living and regular activities. Check out [www.mayoclinic.com/health/core-strength/SM00047](http://www.mayoclinic.com/health/core-strength/SM00047) for some exercise you can do at home. ♦

– Tim Lencki

### Summertime Pain Remedies

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soreness. It increases blood flow to the muscles, leading to more complete recovery. Another bonus is that it feels great!

➤ **Fuel yourself** – If you ache after a long walk or bike ride, it may be your body's way of saying that you didn't get enough to eat before the workout. If this happens, eat something with a 4-to-1 ration of carbohydrates to protein to jump-start your recovery.

➤ **Relax** – It's important to remember that you shouldn't work the same muscle groups two days in a row. Pain is your body's way of telling you to back off for a day or two. Rest and allow the muscles to recover. ♦

– Tim Lencki



### Enjoy Summer, but Don't Forget...

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months, making it seem as though we don't need exercise or that our busyness counts as exercise. Remember, a well-rounded fitness routine involves aerobic activity, which is defined as "sustained, continuous movement for a period of time." This can only be found in a brisk walk, jog, bike ride, or some other dedicated activity that elevates your heart rate.

Strength training is also important. Lifting rocks or fertilizer bags doesn't cut it. We need to balance

the training of each muscle group in order to realize the benefits that strength training provides in our everyday lives.

Finally, we need to stretch. We lose flexibility as we age, and this loss causes debilitating issues. As you enjoy your summer, build in a few 30-to-45-minute blocks of time to start an exercise program. ♦

– Tim Lencki