

LIFESTYLE



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Timely Information for Personal Success

Get Focus & Get Fit!

By *Tim Lencki*

Focusing our efforts on any one thing can be very challenging in today's world, since we live in a demand-filled culture that pulls us in many different directions. Consequently, how can we add something else (exercise) to our already busy lives? The answer to this question lies in the word FOCUS.

With focus, you'll find that your exercise program will not just have motion, it'll have *direction* — and direction will produce positive results. Furthermore, having focus will give you the energy needed to get started and remain consistent. Leadership expert, speaker, and author John Maxwell once said that, "*The mind doesn't reach toward achievement until it has clear objectives.*" With that thought in mind, the following are three ways you can use focus to become fit:

☑ **Be intentional.** It's imperative that you have a plan to put into action. Too many people exercise at random — but the outcome is that they just drift along. It's motion, but not direction. Being intentional means having an exercise program that lays out in advance exactly what you'll be doing day-by-day and week-by-week. In addition to staying focused, another benefit is that you'll be able to measure progress — and progress breeds motivation, which leads to success.

☑ **Challenge your excuses.** When it comes to exercise, excuses are as plentiful as sand on a beach. In fact, my first book, *Fitness One Day at a Time*, looks at nine major excuses for not exercising and how to overcome them. Everyone will find the time and resources to do what they want — it's a matter of priority. Exercise DOESN'T have to consume large amounts of time. Even three short bouts (10 minutes each) of exercise a day can have a positive impact on your health. Ditch the excuses and start doing something today!

☑ **Forget the past.** Many people are plagued by past failures with exercise. It's OK that you failed — learn from it and move on. Thomas Edison once said, "*Many of life's failures are experienced by people*

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The 11-Minute Workout

Researchers from Southern Illinois University have concluded that an 11-minute workout can help you burn more fat all-day long.

The study showed that people who lifted weights for 11 minutes three times a week increased their metabolic rate even as they slept.

The author of the study, Erik Kirk, Ph.D., says that the process of breaking down and repairing your muscles increases our metabolism — and the faster your metabolism, the more calories you burn.

The study went on to say that because the workouts were so short (only 11 minutes) participants fit them into their schedule an impressive 96% of the time! ♦

— *Tim Lencki*





CLIP-N-SAVE!

www.eatingwell.com

Healthy Recipe: Maple Roasted Sweet Potatoes

INGREDIENTS:

- 2-1/2 pounds sweet potatoes, peeled and cut into 1-1/2-inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Freshly ground pepper, to taste

NUTRITIONAL INFORMATION:

- Calories per serving: 96
- Protein: 1 g.
- Carbohydrates: 19 g.
- Sodium: 118 mg.
- Fat: 2 g.
- Fiber: 2 g.

Serving size: 12 servings;
about 1/2 cup each

DIRECTIONS:

❶ Preheat oven to 400 degrees F. ❷ Arrange sweet potatoes in an even layer in a 9x13 inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour mixture over sweet potatoes; toss to coat. ❸ Cover and bake the sweet potatoes for 15 minutes. Next, uncover, stir and cook the sweet potatoes for an additional 45 to 50 minutes. Stir every 15 minutes, until tender and starting to brown. **Make-ahead tip:** Cover and refrigerate for up to 1 day. Just before serving, reheat at 350 degrees F until hot, about 15 minutes.



LifestyleTIPS®
2010 Impact Publications, Inc.
PO Box 322, Waupaca, WI 54981
Phone: 715-258-2448
Fax: 715-258-9048
Website: www.impact-publications.com
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Publisher: Jennifer Heisler
Health Consultant: Tim Lencki
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Questions and Answers

What is the Nutritional Value in Fresh vs. Frozen Fruits & Vegetables?

Q: I know that fresh fruits and veggies are great — but the truth is, they're not always available. What about frozen fruits and veggies? Aren't those just as good for you?

A: Produce destined for freezing is picked at maximum ripeness, quickly frozen to a temperature that retains its flavor and nutritional value, and is kept frozen until it gets to the freezer in your local store. While there is some initial nutrient loss with the first steps in the freezing process — the low temperature of freezing keeps produce good for up to one year on average. Once you thaw and eat, you receive the majority of the food's original nutritional value. It has the same fat, carbohydrate, and protein content as pre-harvest fruit and veggies. While there is variable loss in water- and fat-soluble vitamins depending on the post-harvest processing method, for the most part you can feel confident that frozen and even canned — provided they're without additives — fruits and vegetables are just as good for you and your family as the fresh stuff. ❖

Source: www.acefitness.org.

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who did not realize how close they were to success when they gave up." Today is a new day! Truth be told, you'll probably take a number of exercise "sabbaticals" throughout your life. However, remember that exercise should be viewed as a lifelong endeavor.

I once read in a John Maxwell book that success is, "the progressive realization of a worthwhile goal." In other words, it's a process. The same holds true for exercise. Exercise is a process that lasts a lifetime. Apply the three principles outlined in this article, and you'll achieve a level of success that you never thought possible. ❖

Tim Lencki, MS, CSCS, is a strength and conditioning specialist and author of "Fitness One Day at a Time," and a new bookette® series for active lifestyles. Visit Tim's website at www.thefitnesseducator.com.

The Truth About Vitamin C and Colds

For many years, the question of whether vitamin C supplements are effective at preventing colds has been controversial. Early studies indicated that vitamin C might help ward off colds. However, the results of 30 studies, which had more than 11,000 research participants, revealed that vitamin C had little effect on whether someone caught a cold. On another note, however, six studies in which participants were exposed to periods of extreme cold or physical stress (marathon runners and skiers) showed that vitamin C supplementation *did* cut the risk of developing a cold by 50%. As a result, if you engage in physically demanding activities, especially in cold weather, vitamin C might help you fend off colds. ❖

Source: www.isynergikeynotes.com.

