



Shopping For The Health Of It

Factors That Guide Our Decisions

Many Americans head to the grocery store with a lot more in mind than just getting food to put on the table. A recent survey indicates that there are a variety of health factors affecting what we purchase.

Factors Affecting What We Purchase	% Of Americans
Ensure overall good health	40%
Reduce fat intake	33%
Reduce cholesterol intake	28%
Reduce or control weight	27%
Improve stamina or increase energy levels	25%
Get more fiber	25%
Manage or treat a specific health problem on your own	20%
Slow down the aging process	14%
Manage stress	13%



Aisle Wise:

Navigating Your Grocery Store

One quarter of adults say they'll do anything to avoid the grocery store. And, it's a safe bet that the rest of us feel the same.

The reality is that the grocery store is here to stay and will continue to play a pivotal role in our lives. The decisions we make there directly affect our personal health and the health of our families.

So, to ensure a quick trip and nutritious selections, consider the following strategies for each section of the grocery store.

- » **Produce.** Go crazy! There are no limits in this section of the store, so try fruits and veggies you've never had before and really stock up.
- » **Deli and Sandwich Meats.** Use caution! Deli items are typically prepared with high-fat ingredients. Also, the calorie, salt, and fat content can vary dramatically for sandwich meats, so read the labels.
- » **Bread.** Buy whole-wheat and multigrain breads! And, don't be fooled by the imposters—breads that are made to look healthy but are really made with brown sugar or molasses.
- » **Chips and Soda.** Choose alternatives! Baked chips over fried, diet sodas over regular, these are the decisions that make this aisle OK to visit.
- » **Frozen Foods.** Danger lurks! Don't be fooled by advertisement claims— many frozen meals are still high in fat and calories. And don't forget...they also keep the ice cream in this aisle.
- » **Juice and Dairy Products.** Why not! In moderation, dairy products provide critical nutrients such as protein. Fruit juices are also a must get, just avoid the ones that add sugar.
- » **Canned Goods.** Watch out for cream, sugar and salt! Canned goods are a definite staple, but beware—some of these foods are canned in less than nutritious ways.
- » **Cookies and Crackers.** Choose wisely! The fat and calories add up quickly, but if you read the labels thoroughly, noting fat, sugar, and calorie content, you can find some healthy snacks.



Don't Touch That Dial

Exercise For The TV Generation.

by Mike Perko, PhD

Americans' favorite leisure time activity is watching TV, yet at the same time we are obsessed with talking and thinking about exercise. Can the two co-exist? Of course!

According to the Surgeon General, exercise can be very effective when broken into 10-15 minute chunks throughout the day if you are stressed for time. What else is broken up into 10 minute blocks of time? TV shows! So no more excuses all you couch potatoes, sit down and enjoy the following TV workout ideas.

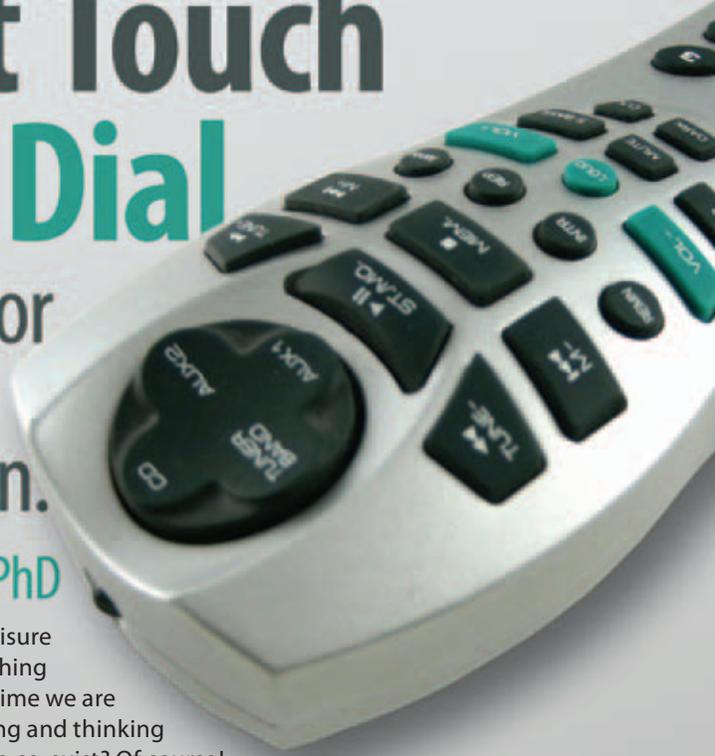
- ✦ Treadmill/exercycleworkout– walk or pedal during your favorite shows.
- ✦ Circuit train during commercials– alternate push-ups, crunches, wall sits, jumping jacks, or any other exercise during each commercial break.
- ✦ Keep dumbbellsor resistancebandson hand– curl, press, or pull during commercials.
- ✦ Use thefurniturefor somethingotherthansitting– prop your feet on the couch or chair for added resistance during pushups. Try some triceps dips using the front of the chair or couch.
- ✦ Stretchingand yogapositionscan be done while watching as well.

If you are truly a couch potato, heed the following – Check with your doctor before starting any physical activity, especially if you:

- ✦ are over 35
- ✦ have been inactive for a long period of time
- ✦ smoke
- ✦ have any kind of a medical condition.

Even if you are fit, remember:

- ✦ If somethinghurts any part of your body,STOP. You may need to adjust your form to eliminate the problem. If that doesn't work, try a different exercise.
- ✦ Do all exercisesin a slow, controlledfashion.



Hold The Remote

On Sept 16, 2005, Suresh Joachim broke the Guinness World Record for the longest time spent watching TV. He finished with 69 hours and 48 minutes.

After passing the previous record of 50 hours and 7 minutes, Joachim continued for another 19 hours.

Joachim did his TV viewing in the lobby of WABC-TV as part of the Guinness World Record Breaker Week.



Sitting on a brown leather couch, he watched nothing but ABC shows.

Rules for the couch potato honor, stipulated by Guinness, allow for a 5-minute break every hour and a 15-minute break every 8 hours. The viewer must otherwise be constantly looking at the screen.

“I’m going to be a little tired of watching TV after this,” Joachim told The Associated Press during a brief break.

Source: Guinness Book of World Records