

# " Stall Talk "



Volume II, Issue V *"The first wealth is health."-- Ralph Waldo Emerson*  
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## DID YOU KNOW...

- More than 60% of American adults do not get the recommended 30 minutes of physical activity a day.
- 25% of American adults aren't physically active at all.

The America On the Move message is simple:

Move more and eat less by making 2 small daily changes...

- ✓ Take 2000 more steps (about 1 mile)
- ✓ Eat 100 fewer calories (about a pat of butter).

For more information visit: <http://www.americaonthemove.org/>

## Eat a Healthy Snack When in a Hurry

Eat smaller portions more times during the day instead of 1-3 big meals to help metabolism going all day and burning calories.

### Sticks- Instead of candy bars

- Celery
- (Peanut butter and raisins)
- Carrots Baby carrots
- Cheese
- (Assortment of cheese)

### Slices- Instead of cookies

- Plum Nectarine Peach
- Apple- (squirt lemon juice on it so it doesn't turn brown) -add Peanut butter
- Pears Orange
- Pineapple Cucumber
- Zucchini Broccoli
- Cauliflower
- Peppers (red, green, yellow)

### Plastic Baggy- Instead of chips

- Boiled Egg- wrap in paper towel
- Grapes (Green, Red)
- Strawberries Cherries
- Radishes Baby tomatoes
- Cheerios (other cereals)
- Mixed nuts, dried fruit, and coconut
- Popcorn Pretzels
- Plain Tortilla Chips- Salsa in small container

### Small 1 cup Plastic Container-

- Instead of pudding or ice cream
- Fruit Salad Yogurt
- Veggie salad
- Tortilla wrap bites- lay out cream cheese, lunchmeat, and peppers:

**Hint:** Drink a glass of water before you start eating any snack or meal (it will help you feel full faster)  
 Eat Slower; the body takes 20 minutes to know that it is full.

## TRAC your Wellness with these Wellness Classes

05/12/04 Wednesday- "**To Get Energy You Must Give Energy**"  
 Taught by Dr. Kaufman

Noon- 1:30 pm at 2817 Cattlemen Rd Conf Rm B

05/06/04 Thursday- "**Maintaining a Healthy Blood Pressure**",  
 8:30-10am at the BOB Bldg, Conf Rm 7.

To register go to TRAC or contact [adeem@scgov.net](mailto:adeem@scgov.net)

"All parts of the body which have a function if used in moderation and exercised in labors in which each is accustomed, become thereby healthy, well developed and age more slowly, but if unused they become liable to disease, defective in growth and age quickly." ~Hippocrates~

See you in the 5<sup>th</sup> Floor Fitness Center working out!!!!

## Impossibly Easy Cheesy Tuna Pie

### Ingredients

- 1 cup (4 oz) shredded sharp American cheese
- 1/3 cup frozen green peas, rinsed and drained
- 1/4 cup sliced green onions
- 1 can (6 oz) tuna, well drained
- 1 jar (2 oz) diced pimientos, drained
- 1 package (3 oz) cream cheese, Cut into 1/4-inch cubes
- 3/4 cup Original Bisquick® mix
- 1-cup milk
- 3 eggs
- 1/8-teaspoon ground nutmeg

### Directions:

1. Heat oven to 400°F. Grease bottom and side of pie plate, 9x1¼ inches.
2. Mix American cheese, peas, onions, tuna and pimientos in pie plate. Top with cream cheese cubes. Stir together remaining ingredients with fork until blended. Pour into pie plate.
3. Bake 30 to 35 minutes or until knife inserted in center comes clean (some cheese may adhere to knife). Cool 5 minutes.

### Nutritional Facts:

1 Serving: Calories 280 (Calories from Fat 155); Fat 17g (Saturated 9g); Cholesterol 150mg; Sodium 680mg; Potassium 270mg; Carbohydrate 14g (Dietary Fiber 1g); Protein 19g

% Daily Value: Vitamin A 20%; Vitamin C 8%; Vitamin D 20%; Calcium 20%; Iron 10%; Folic Acid 6%- Brought to you by Betty Crocker Diet Exchanges: 1 Starch; 2 High-Fat Meat

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## National Alcohol Awareness Month

### WHAT IS MODERATION?



No more than one drink per day



No more than two drinks per day

This limit is based on differences between the sexes in both weight and metabolism.

### WHAT COUNT'S AS ONE DRINK ...



12 oz of regular beer (150 cal)



5 oz of wine (100 cal)



1.5 oz of 80-proof distilled spirits (100 cal)