

“Stall Talk”



Copies can be obtained by contacting, Stacy Gorski, Sgorski@scgov.net, or 861-5299
0804b

What to Eat before Exercising

The best foods to eat before a long exercise session are complex carbohydrates such as bread, pasta, potatoes, and rice. You should eat these foods 3-4 hours before exercising so they are not still in your stomach and your body can benefit from the nutrients. Meat will not improve athletic performance. For everyday consumption 20% of your diet should consist of milk, meat, and eggs while 80% should be vegetables, fruits, and grains.

~B.D. Schmitt, A healthy diet



All you need for \$0.64

Fruits and vegetables are a very important part of our diets and they are cheap. \$0.64 is all it will cost you for 3 servings of fruit and 4 servings of vegetables a day. Melons, bananas, grapefruit and oranges are among the least expensive fruits while blackberries, raspberries, cherries, and blueberries are among the most expensive. Vegetables ranging from least to most expensive are: potatoes, cabbage, carrots, onions, broccoli, cauliflower, spinach, zucchini, and mushrooms. On average one pound of fruit contains 3-5 servings. In fact, fresh fruits and vegetables are less expensive than processed forms by 63% and 57%.



www.ers.usda.gov

New Equipment



New equipment has been added to the Administration and BOB Fitness Centers. The equipment pictured above, the NuStep and a rowing machine has been added to the Administration Fitness Center while an old treadmill has been replaced with a new one at the BOB fitness Center. The rowing machine offers a cardiovascular and total body workout. NuStep is a unique piece of equipment. The machine moves like an elliptical but you are sitting down. NuStep will allow you to have a cardio-workout while putting less stress on your hips and knees than other equipment. If you are hesitant about starting a workout program Nustep is a good exercise to start with as it has many accommodating needs such as a swivel seat. Come by and try out the new equipment!

Little Mama's Side Dish

Ingredients

4 slices bacon (maybe substituted with turkey bacon)
1/2 green pepper, diced
1/2 medium onion, diced
1/2 head cauliflower
1/4 cup sliced stuffed olives

Directions

Chop the bacon into small bits. Spray a large, heavy skillet with nonstick cooking spray and then add the bacon and begin frying it over medium-high heat. When some fat has cooked out of the bacon and it is starting to brown around the edges, add the pepper and onion to the skillet. Saute until the onion is translucent and the pepper is starting to get soft.

After the bacon starts frying, chop the cauliflower, including the stem, into 1/2-inch chunks. Transfer to a microwaveable casserole with a lid and add a couple tablespoons of water. Cover and microwave on high power for 7 minutes.

When the cauliflower is done, add it to the skillet, without draining, and stir (the extra little bit of water is going to help dissolve the bacon flavor from the bottom of the skillet and carry it through the dish).

Stir in the olives. Cook for 1 more minute, stirring. Serve.

Serves 5

Nutritional Analysis (per serving)

Calories 84 Total Fat 6g

Saturated fat 2g Carbohydrates 5g

Fiber 2g

~www.foodtv.com

Super Size Me

Super Size Me is a new movie by Morgan Spurlock that shows what will happen to your body if you go on a 30 day McDonald's fast food diet. After the 30 days Spurlock gained 25lbs! He also increased his percent body fat by 7%, cholesterol by 51 points, and enzyme liver count by 232. Elevated levels of enzymes in the liver indicate damage.

www.welcoa.org