

“Stall Talk”



Copies can be obtained by logging onto e-HR or contact Angela Deem adeem@scgov.net

Chocolate and High Blood Pressure...

Is chocolate good for high blood pressure? One study found that people who ate about 3 ounces of dark chocolate each day lowered systolic pressure (top #) by 5 mmHg and diastolic pressure (bottom #) by 2mmHg. The effect wore off within 2 days of giving up the daily “treatment”. It’s sweet news, but it’s too early for doctors to “prescribe” dark chocolate for blood pressure. The research involved 13 subjects and lasted just 2 weeks. And the chocolate added 480 calories a day, which could do more harm than good.

Harvey B. Simon, MD, Editor Harvard Men's Health Watch.

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When should you stretch?

A recent study found that stretching before exercise does not prevent injuries. Most injuries occur in the normal range of motion, thus, stretching would not make a difference. Individuals who stretch are no more or less likely to suffer injuries. Gymnasts and dancers may be an exception to this study since their activities require flexibility. The benefit of stretching is for range of motion, which allows us to be more mobile.

Warm-ups and cool-downs have proven to be more affective in preventing injuries. Warm-ups increase the blood flow to the muscles, which helps prevent injuries. Strength and balance training have also shown reduced injuries.

~The Gainesville Sun, March 29, 2004

Chicken Tabbouleh Salad



Ingredients

- 2 cups chicken broth
- 2 lbs boneless skinless chicken breast halves, cut into ½ inch pieces
- 1 cup uncooked couscous
- 2 medium cucumbers, chopped(2 cups)
- 2 medium onions, finely chopped (1 cup)
- 2 small tomatoes, seeded and chopped (1 cup)
- 1 cup chopped fresh parsley
- Minted Lime Dressing below

Directions

1. Heat broth to boil in 3-quart saucepan. Stir in chicken. Cook over medium heat 10 to 15 minutes or until chicken is no longer pink in center.
2. Stir in couscous; remove heat. Cover and let stand 5 to 10 minutes or until liquid is absorbed.
3. Mix chicken mixture and remaining ingredients in large glass or plastic bowl. Cover and refrigerate at least 1 hour but no longer than 24 hours to blend flavors.

Minted Lime Dressing

- ½ cup limejuice
- ¼ cup chopped fresh mint leaves
- ¼ cup olive or vegetable oil
- 1-teaspoon salt

Shake all ingredients in tightly covered container

Serves 8

1 Serving: Calories 300 (Calories from Fat 100); Fat 11g (Saturated 2g); Cholesterol 70mg; Sodium 630mg; Potassium 510mg; Carbohydrate 23g (Dietary Fiber 3g); Protein 30g
% Daily Value: Vitamin A 20%; Vitamin C 38%; Vitamin D 2%; Calcium 4%; Iron 10%; Folic Acid 8%
Diet Exchanges: 1 Starch; 3 Lean Meat; 2 Vegetable
www.bettycrocker.com