

# “Stall Talk”

Copies can be obtained by logging onto eHR or by contacting Angela Konzen, [akonzen@scgov.net](mailto:akonzen@scgov.net) or 861-5250

**GUESS WHAT ??** If you order a Double Whopper with Cheese *without* mayonnaise, the fat grams in your sandwich go from a whopping 63 fat grams to 43 fat grams. If you overdress your salad, it can become as fatty as a Big Mac! Use less dressing and choose reduced-fat dressing. Order a plain baked potato. A plain baked potato has no fat. If you add a pat of butter, you add 4 grams of fat. If you add cheese sauce to your baked potato, you add about 24 grams of fat.

Adapted from *Fast Food: The Year's Best and Worst*, Nutrition Action Health Letter, January/February 1995.

**KEEPING IT REAL IN THE WEIGHT ROOM**  
Choose activities that are fun, not exhausting. Add variety. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way. Use music to keep you entertained. Don't overdo it. Do low- to moderate-level activities, especially at first. You can slowly increase the duration and intensity of your activities as you become more fit. Keep a log of your activities. Reward yourself at special milestones. Nothing motivates like success!!

www.americanheart.org

## YOGA ANYONE???

Though you may not be familiar, yoga has many benefits for the body and soul. . . .

### Physical

Increased flexibility and strength, stronger heart, weight control, increased energy levels, back pain relief, muscle toning, massaging of internal organs, improved posture, better body awareness, better breathing skills, and enhanced immune system.

### Mental

Stress relief, enhanced mood.

### Things to remember. . . .

Do not eat within 1 hour of practicing yoga.

Pay attention to yourself—do not be concerned with what others are doing around you.

Never force or strain. If it is not comfortable—don't do it.

Come prepared—sticky yoga mat required (sold at Wal-mart or Marshalls), straps are optional, wear loose, comfortable clothing.

**SIGN UP NOW!!!** (Tues & Thurs at noon—contact Angela Konzen, [akonzen@scgov.net](mailto:akonzen@scgov.net) for more info.)

## BAKED FLOUNDER WITH BELL PEPPERS and TOMATOES

### Ingredients:

- 4 6-ounce fillets of flounder
- 1/4 teaspoon salt
- freshly ground pepper
- 2 bell peppers: red and yellow
- olive oil cooking spray
- 1 8-ounce sweet onion, chopped
- 3 large garlic cloves
- 2 tomatoes, seeded and chopped
- 1 tablespoon minced fresh tarragon or 1 teaspoon crushed dried
- 1 tablespoon balsamic vinegar

### Instructions:

Preheat oven to 350°F  
Place the fillets in an oven-proof baking dish.  
Sprinkle with salt and pepper. Set aside.

Char the bell peppers using either a gas range burner or the broiler. Quickly place in a paper bag to steam. Remove when cool enough to handle. Remove the skin and seeds. Chop.

Coat a nonstick skillet with cooking spray. Sauté the onion and garlic until onions are wilted. Add the peppers and tomatoes and cook stirring over high heat for 3 minutes. Stir in the tarragon and vinegar.

Spoon the vegetables over the fish fillets and bake for 15 to 18 minutes until the fish is just opaque. Serve immediately.

### **Nutrition Facts:**

Amount Per Serving: Calories 207  
Fat 2 g, Cholesterol 80 mg,  
Sodium 256 mg

### **Courtesy of:**

[www.diabetic-recipes.com](http://www.diabetic-recipes.com)