Welcome to Week One!!!

March 1st – I can’t think of a better time to begin a program to improve our health! Our challenge is scheduled to run through June 1st, but I really hope that the healthy behaviors we attain during this program will stay with us for the rest of our lives.

Make sure you are keeping track of the amount of time you exercise each day and the number of servings of fruits and veggies you eat. The log to track these is on the Peds intranet; look at our ‘Wellness Challenge’ page under the ‘Fun’ section. The logs will be turned in to Nicole Tattersall (via email) every Friday by 3pm and we will have a drawing every Monday for great prizes!

Weekly Fitness Tips

Do you drive around parking lots trying to find a close spot? Start parking in the distant spots – not only will you get in some activity, but by not driving around and around, you will save gas and time!

Ever feel guilty about watching TV? If there is a show you HAVE to watch (like LOST, for example), do some crunches, lunges, squats, etc., while in front of the tube.

Sorting Out Serving Sizes

What in the heck is a serving? It can be confusing – hopefully the following info will make it a little easier to judge a serving size.

* A serving of raw, leafy green veggies is one cup.
* A serving of other veggies (raw or cooked) is ½ cup.
* A serving of vegetable juice is ¾ cup. Try to get the low-sodium kind.
* A serving of chopped, cooked or canned fruit is ½ cup.
* One medium apple, banana or orange is one serving.

A serving of fruit juice is ¾ cup. Be careful with fruit juices – some are loaded with sugar.

Your two hands, cupped together is the equivalent of a cup; one hand would be a half cup.

When you break down what an actual serving is, 5 servings doesn’t seem like a lot. Think of the last salad you ate – it probably contained at least two cups of lettuce and a half a cup of other veggies. That’s 3 servings right there! Have a banana at breakfast and an apple at lunch, and you have your 5 servings. But why stop there? Go for the full 9 recommended servings when you can!

"Whether you believe you can do a thing or not, you are right."

-Henry Ford