



THE PAGES OF PASSAGES

January 2010

Monthly Health and Wellness Newsletter

HAPPY NEW EVERYTHING

If there was ever a day for new beginnings, this is it.

Now is the time, and this is the moment.

All else is but a memory of what has been or
a speculation of what might come.

It is useful to look back and to look forward as well.
Always remember, though, that now is where you are,
and now is when you can make a difference.

Regrets and wishes will not change what has been or what will be.

It is by taking action now, when you can,
that you fulfill the best of your possibilities.

On this day when the calendar changes, and you're
reminded of the passage of time, remember this.

Whatever the month, whatever the year,
now is the time for you to live, this is the moment for you to act.

All that you are, you are right now.

All that you can be, begins in this moment. Now is a great place to be.

For when you live it fully,
with love, with gratitude, with purpose, anything is possible.

Make a real difference and make it a great new year.

Have a Healthy and Happy 2010!

Ingredients

- 4 boneless chicken breasts
- 1 cup salsa
- 2 tablespoons vegetable oil
- 1 tablespoon of lime juice
- 2 cloves of garlic, minced
- $\frac{1}{2}$ teaspoon dry leaf oregano, crumbled
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon chili powder



Directions

Pound chicken flat, cut in strips. Marinade with remaining items for 2 hours. Skewer and grill. Serve with salsa.

Makes 4 servings

Nutrition Information: 337 Calories, 9 g fat, 3 g carbohydrates, 55 g protein,

January Facts

- Flag maker Betsy Ross was born January 1, 1752.
- Alaska was admitted into the Union as the 49th State on January 3, 1959.
- Martin Luther King, Jr. Day, is celebrated the 3rd Monday each January.
- Nellie Taylor Ross became the first woman governor of a state, Wyoming, January 5, 1925.
- First American Presidential elections, January 7, 1789.

Smile and laugh often.
Each day, find
something happy,
joyful, and funny about
life—smile and laugh,
smile and laugh, and
smile and laugh again!

-Keith Harrell

Exercise and Stress Reduction

People who exercise regularly will tell you they feel better. Some will say it's because chemicals called neurotransmitters, which are produced in the brain, are stimulated during exercise. Since it's believed that neurotransmitters mediate people's moods and emotions, they can make you feel better and less stressed.

While there's no scientific evidence to conclusively support the neurotransmitter theory, there is plenty to show that exercise provides stress-relieving benefits.

There are four ways in which exercise controls stress:

- *Exercise can help you feel less anxious*—Exercise is being prescribed in clinical settings to help treat nervous tension. Following a session of exercise, clinicians have measured a decrease in electrical activity of tensed muscles. People are often less jittery and hyperactive after an exercise session.
- *Exercise can relax you*—One exercise session generates 90 to 120 minutes of relaxation response. Some people call this post-exercise euphoria or endorphin response. Many neurotransmitters, not just endorphins, are involved. The important thing, though, is not what they're called, but what they do: They improve your mood and leave you relaxed.
- *Exercise can make you feel better about yourself*—Think about those times when you've been physically active. Haven't you felt better about yourself? That feeling of self-worth contributes to stress relief.

Exercise can make you eat better—People who exercise regularly tend to eat more nutritious food. And it's no secret that good nutrition helps your body manage stress better.

Source: ACE Fitness

Health Eating Tips

- Eat a wide variety of foods. Healthy eating is opportunity to expand your range of choices by trying foods—especially vegetables, whole-grains or fruits- which you may normally not eat.
- Limit sugary foods, salt, and refined-grain products. Sugar is added to a vast array of foods. In a year, just one daily 12-ounce can of soda(160 calories) can increase your weight by 16 pounds.
- Eat plenty of fruits, vegetables, grains, and legumes—food high in complex carbohydrates, fiber, vitamins, and minerals, low in fat and free of cholesterol.
- Don't be the food police. You can enjoy your favorite sweets and friend foods in moderation, as long as they are an occasional part of your overall healthy diet. Food is a great source of pleasure, and pleasure is good for the heart—even if the French fries aren't!