

October's Recipe: Chicken Pasta with Spicy Garlic Dressing

From *The Living Heart Cookbook*

Ingredients

- 3½ cups water
- 1 Tbsp. chicken-flavored bouillon granules
- 1 can (14½ oz.) no-salt whole tomatoes, undrained and chopped
- ¼ cup dried minced onion
- 1 tsp. dried whole basil
- 1 tsp. paprika
- ¾ tsp. instant minced garlic
- ¼ tsp. salt
- 1 cup sliced carrots
- 1 can (8 oz.) mushroom stems and pieces, drained
- 1 cup diced zucchini
- 1 cup diced, cooked chicken
- 2 Tbsp. Burgundy or other dry red wine

Instructions

Combine water, bouillon granules, tomatoes, onion, basil, paprika, garlic, and salt in a Dutch oven. Bring to a boil; reduce heat and simmer for 10 minutes. Add carrots; cover and simmer 10 minutes. Add mushrooms, zucchini, chicken, and wine; simmer uncovered for 8 minutes. Serve warm. Yield: 7 cups, about 81 calories per 1-cup serving.

If you have a healthy recipe that you would like to share, please submit it to pwhite@merrittproperties.com for possible inclusion in an upcoming issue.

Ingredient Substitutions: Make the switch for healthier recipes

The following suggestions can help you lower fat, salt, sugar and calories and increase fiber in your recipes. Look for additional substitutions in future issues too!

If your recipe calls for:	Try substituting:
Full-fat cream cheese	Fat-free or low-fat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth
Full-fat sour cream	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
Ground beef	Extra-lean or lean ground beef, chicken or turkey breast. (Make sure no poultry skin has been added to the product).
Iceberg lettuce	Arugla, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress.
Margarine in baked goods	Trans fat-free butter spreads or shortening that are specially formulated for baking. NOTE: if ingredient lists include the term "partially hydrogenated," it may have up to 0.5 grams of trans fat in one serving. To avoid dense, soggy or flat baked goods, don't substitute diet, whipped or tub-style margarine for regular margarine.
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth

Wellness Committee Members

Please feel free to contact any of the current committee members for additional information or share any ideas you may have for upcoming event, contests, questions, seminars, and more.

Beth Garner
Cristal Kim
Dave Fairbank
Dauphne Lee
Ethel Rukenbrod
Holly Moye
Gina Stewart
Jamie Campbell
John Rocco Aversa
Katherine Devaney
Ken Jones
Kristie Anderson
Mark Mento
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Wellness

Committed to the Health of our Family

OCTOBER 2010



Fitness Goals

Written by Antigone Arthur from *Wellness Proposals*

Starting a fitness program doesn't have to be overwhelming when you are armed with the proper tools to get things rolling.

Once you've committed to getting in shape, there are several things you can do to ensure you'll exceed your short and long term fitness goals. There are also some things you should avoid at all costs to ensure you stay on the path to fitness and wellness.

What exactly are the rules when it comes to fitness?

Do's

- Write down your fitness goals. You're more likely to stick with a program once you have set some specific goals.
- Always strive to eat a well-balanced diet that includes ample servings of vegetables and fruit.
- Break down your meals so you are eating several mini meals per day.
- Assess your current fitness level before starting an exercise program. By doing so, you'll be able to establish goals that meet your specific fitness needs.
- Consider talking with your health care provider before embarking on a fitness program, particularly if you are struggling with a health condition such as diabetes or obesity.
- Supplement your diet with essential fatty acids. You can do this by eating two servings of fish per week.
- Choose alternatives to satisfy your cravings when possible. Consider frozen fruit over ice cream or opt for a mini chocolate instead of the whole candy bar.
- Always stretch before and after your exercise routine.
- Don't over do it! Try doing too much at once and you'll burn out swiftly. Slowly increase the intensity of your workouts.
- Diversify your workout routine. If you do the same exercises day after day, you'll quickly tire and are more likely to skip workouts.
- Work out with a friend. You'll help motivate each other.
- Keep healthy snacks available at all times. You're less likely to grab junk food if something good for you is readily available.

Don'ts

- Over-train. Your body needs time to recover in between workouts.
- Skip breakfast. Eating breakfast will jump start your metabolism and provide you with the energy you need to get through the day.
- Skip stretching.
- Skimp on sleep.
- Set unrealistic goals. A healthy rate of weight loss is 1-2 pounds per week. If you have 50 pounds to lose, don't expect it to come off overnight, you'll set yourself up for disappointment.
- Compare your successes and failures to others. Everyone is unique, and what works for some may not work for others.
- Work out randomly. Work out regularly to maximize the benefits you'll reap from a consistent fitness routine.
- Give up. Consider talking with a friend in times of discouragement.
- Forget to reward yourself on occasion.

Always remember to keep an open mind and remain flexible when starting a new exercise routine. At times you may find it necessary to change your routine slightly. Life is a dynamic ride and you'll find your fitness journey is too. If you're willing to try new things and set reasonable expectations, you'll reap the rewards of your fitness program and successfully achieve your fitness goals.

WELLFIT PROGRAM UPDATES

- Look for details in an upcoming email for our re-scheduled October Wellness Day. We plan on having professional come in to discuss nutrition and toxicity in the home, both topics affect everyone so we hope you can attend. The email will also include details about a Lunch-n-Learn follow-up on non-toxic Melaleuca products for those who want to learn more.
- We want to hear from you! Please send any articles, ideas, upcoming events or seminar topics to Meg Truchon. There is also a suggestion box in the kitchen for you to put ideas and questions in as well.

Poster Contest

DEADLINE
EXTENDED TO
OCTOBER 31ST!

We are holding a poster contest on the Benefits of Nutrition. It's something easy to do and can involve your whole family. Simply create a poster using the rules below and submit to Meg.

- Theme:** Nutrition
- Poster size:** 8½" x 11" minimum to 18" x 24" maximum
- You and/or your family members are welcome to make a poster(s).
 - Your name must be written on a piece of paper or card and must be placed in a sealed envelope attached to the back of the poster.
 - Posters are to be delivered to Meg before October 31st for display in our kitchen.
 - Posters will be judged by our wellness team.

Each poster will be given points for the following:

1. Message conveyed by the text and artwork;
2. The poster theme listed above is addressed;
3. Creativity, originality and artistic quality;
4. Visual clarity - easily read; and
5. Bright and colorful.

Prizes will be awarded as follows: 1st place \$50 and 2nd place \$25. All employees who enter a poster receive one raffle ticket for the next \$500 raffle. Please feel free to submit multiple posters from you/your family members however only one raffle ticket will be received per employee.



Order Your Avon Crusade Tote Today!

For \$15 you will get this fun breast cancer awareness tote from Avon embroidered with your name. The greatest part is \$5 will go towards the Merritt Making Strides Against Breast Cancer Team and Avon will donate \$6.24 to Avon Breast Cancer Crusade. Email Meg your order with the name(s) you would like. A sample bag is in her office.



Go Red for Women Bags Also Available!

Also available are two different bags offered by the American Heart Association and their Go Red for Women campaign which spotlights women's heart health. Either one can be embroidered with your name and Meg is donating \$5 on each sale to the 2010 Baltimore Heart Walk Merritt team. Meg also has samples of the bags in her office.



The work-out bag (top picture) is \$18 and the Bungee Tote bag (bottom picture) is \$17.

Upcoming Fun Family Events

Registration is still going on for these two walking events below. It's easy to sign up or support other Merritt employees by visit the organization's website or see Meg for more information.

Know of a fun upcoming event that others might enjoy? Send Meg the info on it and it'll be included in upcoming issues. Events can be anything -- formal (bowling leagues, walks for charity groups) or informal (getting a group together for a softball game).



2010 Baltimore Heart Walk

Date: October 23, 2010
Time: 8:30 a.m.-noon
Location: Federal Hill Park
800 Covington St,
Baltimore, MD 21201



Making Strides Against Breast Cancer

Date: October 24, 2010
Time: Starts at 8:00 a.m.
Location: Harry & Jeanette Weinberg YMCA

Have goals, or need help setting them?

CONTACT KEN TO GET YOUR MAP STARTED TODAY!

Then a Wellness Map, designed to help you with your overall wellness goals, may be right for you. These goals may be stress prevention, time management or weight loss -- anything about your specific goals and priorities. This new wellness map will give you another tool for your "Wellness Toolbox." To start preparing your map contact Ken Jones at the Security Merritt Athletic Club for details and to arrange a sit down time.

Halloween Safety Tips

Source: www.familyeducation.com and the American Red Cross

Anytime a child has an accident, it's tragic. The last thing that you want to happen is for your child to be hurt on a holiday, it would forever live in the minds of the child and the family.

There are many ways to keep your child safe at Halloween, when they are more prone to accidents and injuries. The excitement of children and adults at this time of year sometimes makes them forget to be careful. Simple common sense can do a lot to stop any tragedies from happening.

Pumpkin Safety Tips

Pumpkins and jack-o-lanterns are a fun part of the holiday festivities. In order to keep this activity a safe part of every Halloween celebration, consider the following tips:

- When it comes to carving pumpkins, have your children draw the face and scoop the seeds. Leave the actual cutting and candle lighting to the adults.
- Have the children use markers to delineate the face they want carved out of their pumpkin.
- Once the seeds are scooped, rinse and spread them out on a cookie sheet, sprinkle

with salt, and roast at about 325 degree Fahrenheit for about 15 to 20 minutes. Munching the seeds while the pumpkin is being carved will help to keep your child involved and occupied while the actual carving is taking place.

- Once the pumpkin is carved, if you're using a candle to light up your jack-o-lantern, have an adult do the lighting.

Halloween Safety Tips

With witches, goblins, and super-heroes descending on neighborhoods across America, the American Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun.

- Walk, slither, and sneak on sidewalks, not in the street.
- Look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- Cross the street only at corners.
- Don't hide or cross the street between parked cars.
- Wear light-colored or reflective-type



clothing so you are more visible. (And remember to put reflective tape on bikes, skateboards, and brooms, too!)

- Plan your route and share it with your family. If possible, have an adult go with you.
- Carry a flashlight to light your way.
- Keep away from open fires and candles. (Costumes can be extremely flammable.)
- Visit homes that have the porch light on.
- Accept your treats at the door and never go into a stranger's house.
- Use face paint rather than masks or things that ill cover your eyes.
- Be cautious of animals and strangers.

Have a grown-up inspect your treats before eating. And don't eat candy if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.

Priorities May Drive Happiness

As reported online at *CNN Health's The Chart*

Most of us have thought, 'If only I could win the lottery, then I'd be happy forever.' But according to one of the first studies to look at long-term happiness, major life events, like a sudden cash windfall, are not what make us happy, rather, it's the priorities we set in life.

"The main thing that's surprising about these results is that it challenges this whole field," said lead author Melbourne University sociologist Bruce Headey. "This study goes against the prevailing wisdom that happiness is fixed." The study was published Monday in the Proceedings of the National Academy of Sciences.

Previous studies suggest that happiness is predetermined by genetics and early upbringing, and that we eventually revert back to the same level of happiness regardless of changes in our lives. Looking at data from about 60,000 Germans for up to 25 years,

however, Headey found that the more people decided to prioritize goals such as good relationships and good health, the happier they were, regardless of major life events.

How do you change so-called life goals? According to Heady, one way may involve concentrating on helping others, or making family, rather than material possessions, a priority. People who prioritized having a good marriage, a good relationship with their children, and being involved in social and political activities reported higher levels of life satisfaction over time. On the other hand, researchers found those who focused primarily on being able to buy what they wanted or being successful in their careers reported less happiness.

Heady also found that people who were physically healthy were more satisfied with life; underweight men and obese women were significantly less happy.

Researchers analyzed data from the German Socio-Economic Panel. The survey is the longest of its kind, tracking the life satisfaction of 60,000 Germans, some as far back as 1984. Only participants aged 25 to 64 that had been followed annually for at least a decade were included in the analysis.

While the study is the most extensive of its kind, because it relies on survey data, it cannot come to any concrete conclusions. It could simply be that naturally happier people make these life choices, or increases in Germany's overall standard of living brought about these changes, said psychologist Robert Biswas-Diener, who was not involved in the study. Headey concedes much more work must be completed. Nevertheless, he recommends people stop to think about their priorities.

"I think people should definitely reconsider whether their life goals are actually making them happier," said Heady.