



# WEDNESDAY WELLNESS

Volume 2 Issue 47  
August 24, 2011

## Food Mood



Journaling is an effective method to help identify strengths, our weak spots, and allows us to open up honestly with no worry of being judged. When you journal feelings or events in your life and go back to read it, you may be surprised at what you see.

Keeping a food journal or log, shouldn't only consist of what you eat. For a true picture of your 'relationship' with food and how it affects you, the journal should include;

- 1) Everything you eat AND drink all day. Don't forget the salad dressing, condiments and sugared up drinks. As Weight Watchers says: Don't ignore the **B.L.T's**: bites, licks and tastes!
- 2) Time of day you eat your meals and snacks. You may be surprised at how little time you space your intake.
- 3) What you feel: emotional eating is a very common obstacle among those trying to lose weight.
- 4) Activities while eating: driving, watching TV, talking on the phone or other things that occupy your mind during your meal, allows room for "mindless eating."
- 5) Record your success: no matter how small you think they are, they count and are important.

Recording and later adding up the intake for the day, lets you see how close you came to meeting the daily caloric intake you allow yourself, or if you went over the limit.

It's important to **read labels** for an accurate record. This eventually becomes second nature, the more you practice.

Your journal could be the one source of inspiration you've been looking for to keep you on track when trying to lose weight or just maintain!

A simple, and personal way to help you **Stay Well!** Source: T.O.P.S.

### WEEKLY QUOTE

"Life is really simple, but we insist on making it complicated."  
~ Confucius

### CHALLENGE OF THE WEEK

**MONDAY**  
Life is a journey, not a destination! Jump in!

**TUESDAY**  
Make fruit and vegetable shopping fun!! Visit **Eastern Market** today!

**WEDNESDAY**  
Be a role model! If you eat healthy, so will the kids!

August

**THURSDAY**  
Let's work together to beat obesity!

FRESH FRUIT

**FRIDAY**  
Good Read: Bone in the Throat, a novel, by Chef Anthony Bourdain.



**IN THE KNOW** Source: Easy Diabetic cooking with 4 ingredients

We know sodium is in many more foods and in larger amounts than we care to think about, but get this: an ounce of cornflakes has more sodium than an ounce of salted peanuts!! Read the labels of your cereal boxes and buyer beware!!

**FITNESS TIP OF THE WEEK**  
*Back Attack*

Lie face down with legs together, reaching behind back to interlace fingers and draw shoulder blades together. Lift chest off ground as you kick heels toward your butt with using control, 3 times for one rep. Do 10 reps.

Muscles worked: back, butt, hamstrings.  
Source: Health Magazine

**WEEKLY RECIPE**  
**Asian Grilled Tuna**

3 tbs rice vinegar  
1 tbs canola oil  
2 tbs sugar  
1 1/2 tsp minced shallot  
3/4 tsp grated ginger

Combine all ingredients except tuna steaks. Mix well to dissolve the sugar. Place tuna in resealable bag, pour vinegar mixture over tuna, marinate 2-4 hours. Turn bag. Drain and discard marinade, grill tuna 2-5 minutes per side or when fish flakes when tested. It should remain pink in center.

Source: Heart Healthy Online

**Move it, Move it!**

Created by Pam Thomas