



February 2008



The Exercise Connection

Addison Penzak Jewish Community Center

14855 Oka Road, Los Gatos, CA 95032

Tel: 408.357.7429

Hours of Operation: Monday thru Friday: 5:00 am - 10:00 pm

Saturday: 7:00 am - 7:00 pm

Fall in Love with Exercise!

Falling in love with exercise can be the best relationship you can have for health and happiness. This month's themes are as follows:

February 4-8 - Benefits of Morning Exercise; February 11-15 - Post-Workout Tips; February 18-22 - Top Fitness Mistakes; February 25-29 - Normal Eating



Learn to Love Exercise

Exercise is critical for a long, healthy life. Exercise not only increases longevity, but it also helps us feel better now. As 60% of American adults are overweight, it seems that exercise is difficult for most of us. However, there are people out there who actually love exercise. Wouldn't it be a lot easier to exercise if you were one of them? Here's how to learn to love exercise.

Begin a Time Habit: Schedule exercise as a priority. Consistently reserve 30 minutes, at least 3 times a week, to get moving – no exceptions.

Follow your Bliss: For 30 minutes at least 3 times a week, for 3 weeks, SIT and think only about exercise – what kind you could be doing, and when it feels right, substitute with real exercise.

Substitute with Real Exercise: Now that you are used to thinking about exercise at least three times a week, begin substituting thinking with actual physical activity for the same time period – any kind that you like. You've overcome the biggest obstacle – time.

Set a Minimum: Set a minimum number of times each week that you will exercise. Commit to yourself that you will NEVER drop below that minimum – even if you are traveling or are incredibly busy. Long-term commitment is needed for a healthy lifestyle.

Change Your Goals: Exercise for health, energy and vitality – not specifically for weight loss or gaining muscle tone. Those benefits will come as a bonus. Tell yourself each time you exercise that your goal is health and energy.

Become Aware of Mental Benefits: How does exercise make you feel – Does it reduce stress and tiredness and increase your creativity or problem-solving skills? The more you concentrate on the benefits, the more you'll want to exercise each week.

Enjoy the Changes: Weight loss, muscle gain, flexibility. Is your posture improving, can you lift things more easily, are you less stiff in the morning, climb stairs more easily?

NOTES TO OUR MEMBERS

February Wellness Interactive Lectures
COMPLIMENTARY for members:

February 6th: Injury Prevention

February 12th: Stress Management

February 28th: Managing Arthritis

"Take time for yourself...
Deepen your practice...
Restore balance and ease."

Don't miss an Afternoon Yoga Intensive with Michelle Fenner: Sunday, February 17th from 1:00-5:00pm. Visit the front desk or Studio B for a brochure.

Love that Exercise!!



Recipe of the Month Creamy Broccoli Soup

1 Tbsp butter	1/4 cup 1% milk
1 onion, chopped	1 Tbsp unbleached all-purpose flour
1 small bunch of broccoli	3/4 cup fat-free evaporated milk
1 can (14.5 ozs) fat-free chicken broth	1/2 tsp ground nutmeg
1 bay leaf	1/4 cup Parmesan cheese (optional)

1. Warm butter in a large pan over med heat. Add chopped onion and cook 5 min, or until tender. Set aside 6-8 broccoli florets. Add broth, bay leaf, and remaining broccoli to the pan. Heat to boiling. Cover, reduce heat to low, and simmer 10 min.
2. Remove from heat. Cool slightly and remove and discard bay leaf. Puree soup in blender or food processor. Return to the pan.
3. In a small bowl, combine 1% milk and flour. Stir into soup along with the evaporated milk and nutmeg. Cook over med heat, stirring, until soup simmers and thickens. Add reserved broccoli florets. Cook 2 min. Serve sprinkled with cheese, if using.

Nutritional Information Per Serving - 4 servings

Cal: 125 Fat: 4g Carb: 15g Fiber: 3g Protein: 10g Sodium: 185 mg

Join in February for 50% off registration fee!

One-Minute Weight-Loss Tips

1. Mix a juice spritzer. Combine your favorite juice (half of your usual amount) with plain or sparkling water. You can cut up to 85 calories per glass--and lose 5 pounds or more a year.
2. Pick up the cordless. Burn calories while you talk: Do the laundry (68 calories), set the table (85 calories), or water plants (102 calories). (Values based on a 150-pound person and half an hour of activity.)
3. Pop a piece of gum. Researchers recently discovered that chewing gum all day increases your metabolic rate by about 20 percent. That could burn off more than 10 pounds a year.
4. Pay cash for treats. Anytime someone offers you goodies--and you accept--put \$1.00 aside. Then give the money to your kids. When you literally pay for treats, you're more likely to say "No thanks."
5. Study the wrapper. At a quick glance, that candy bar appears to contain 220 calories. But a closer look may reveal that it (or a bottle of juice, bag of crackers, or bag of nuts) provides two or more servings--which more than doubles those calories.
6. Sip green tea before you walk. The caffeine frees fatty acids so that you burn fat more easily. The polyphenols (antioxidant compounds) in green tea appear to work with caffeine to increase calorie burn. (If you have high blood pressure, skip this tip.)
7. Ditch diet shakes. The calorie savings are only temporary; you just eat more later.

Word Fun

1. What's a definition of a will? (It's a dead giveaway).
2. Time flies like an arrow. Fruit flies like a banana.
3. She had a boyfriend with a wooden leg, but broke it off.
4. With her marriage she got a new name and a dress.
5. When a clock gets hungry, it goes back for seconds.
6. Local Area Network in Australia: the LAN down under.
7. He had a photographic memory that was never developed.
8. Once you've seen one shopping center, you've seen a mall.
9. Acupuncture is a jab well done.

Did You Know?

Boost Mood with Saffron: According to a study performed by Shahin Akhondzadeh, Ph.D., saffron extract had the same affect as Prozac in improving mood. Experts suspect the benefit comes from crocin and safranal, compounds that increase levels of mood-lifting brain chemicals like serotonin.

Need Extra Energy? When you need some extra energy, eat foods rich in phenylalanine, such as frozen yogurt or cottage cheese.

Exercising to Music: A study performed by Charles Emery, Ph.D., Associate Professor of Psychology at Ohio State University, found that exercising to music can increase alertness and organize thoughts. The combination of musical rhythm and tone stimulates the brain's cortical region, the seat of logic and analytical thinking.

Thoughtful Quotes

Our self image and our habits tend to go together. Change one and you will automatically change the other.

Dr. Maxwell Maltz

The kindest word in all the world is the unkind word, unsaid.
Unknown

Life's greatest happiness is to be convinced we are loved.
Victor Hugo