



Simple Steps News



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Website of the Week: Need a laugh? Glasbergen Cartoons

<http://bit.ly/qkDa6l>



Note to Self:
Check out the rest of the list at:

<http://bit.ly/p70G9J>

20 Ways to Enjoy More Fruits and Vegetables

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.*
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.

Would you eat 19 teaspoons of sugar?

20 ounce

Mountain Dew

<http://bit.ly/sstacks>



The Myth of "Just Do It" By Deborah L. Mullen, CSCS from: <http://bit.ly/p1bHqC>

If you're having trouble getting motivated to exercise more, don't expect to suddenly change your behavior by telling yourself to "just do it". This is a great phrase for those already "doing it" and are feeling a moment of laziness. The phrase backfires, however, with people who aren't in the "action" stage of behavior change. Continued from last week:

3. Preparation

Most people in this stage are planning to take action within a month" says Dr. Prochaska. "They think more about the pros of a new behavior than about the cons of the old one."

Strategies: Develop a firm, detailed plan for action. Set a date to begin and make this public. When making your plan, it's important to choose an activity that you'll like and that will fit in your schedule. Time saving tips: record your TV programs. If you watch 2 hours per day, you'll save 1/2 hour in commercials--use this for your physical activity. How about getting more organized with your meal planning and go shopping only once a week--you know what to do with that extra time!

4. Action

People in this stage have begun to make the changes for which they have planned. It's easy to let perceived excuses turn into roadblocks, then to relapses and then a move back to the Contemplation Stage. (See related articles [Beating the Dropout Odds](#) and [Staying on Track](#).) It's a good idea to do your physical activity with others, at least until the behavior becomes a habit. Round up co-workers, friends, or relatives and form a walking group (even if it's only you and a partner). Make a ground rule that the only excuses for not attending are being sick or injured. (When traveling, take your walking shoes and walk wherever you are). By the time you are in the Action Stage, the phrase "just do it" will have more meaning for you.

Break out the Crockpot! Wine and Tomato Braised Chicken <http://bit.ly/oC53aE>

Diabetes appropriate | Healthy weight | Low carbohydrate | Low calorie | Gluten free |

Our greatest glory is not in never falling, but in rising every time we fall.
Confucius

