



# Stretch's Corner for Adults

## ONE EASY TIP TO LOSE WEIGHT

To take off 1 pound per week, you need to create a "deficit" of 500 calories per day. You can do this by eating 250 fewer calories a day (for example, cut out a 20-ounce bottle of regular soda) and burning an extra 250 calories through physical activity (for example, walk for 2.5 miles).

Source: American Cancer Society

## STRETCH'S SECRET SUPERFOOD



Although brown rice and whole wheat normally steal the show, the world's most nutritious grain-like seed might be something you have never heard of before. Quinoa (*pronounced KEEN-wah*) cooks up quicker than rice, has as much calcium as milk and is a complete protein, containing all nine essential amino acids for the body. Boil two cups water for each cup of dry quinoa over medium heat for 12 minutes or until quinoa has absorbed all the water.

Substitute it in rice dishes or in salads, pilafs, soups and even desserts. Try it, your body will thank you.

Source: National Public Radio

## GET YOURSELF CHECKED!

By controlling your high blood pressure, you'll lower your risk of diseases like stroke, heart attack, heart failure and kidney disease.

### Recommended Blood Pressure Levels

Category	Systolic (Upper Number)		Diastolic (Lower Number)
Normal	Less than 120	AND	Less than 80
Prehypertension	120-139	OR	80-89
High			
Stage 1	140-159	OR	90-99
Stage 2	160 or higher	OR	100 or higher

Source: American Heart Association

## BENEFITS OF EXERCISE

- Prevent heart disease and stroke
- Reduce your risk of diabetes
- Add years to your life
- Improve recovery after hospitalization
- Reduce your risk of the bone-thinning disease osteoporosis
- Fight depression
- Lower the risk of cancers of the colon, prostate, and uterus

**Bottom line**—regular exercise is one of the best things you can do not only to lose weight, but to live a longer and healthier life. Use the box to find some cardiovascular exercises that you may want to try.



Physical Activity	Calories Burned/Hr
Walking (leisure)	200
Dancing	420
Bicycle riding (moderate)	450
Power walking (3 mph)	450
Aerobics	450
Jogging (5 mph)	500
Swimming	500
Basketball	700
Elliptical Machine	700
Jumping Rope (70 jumps/min)	700
Stair climbing (stadiums)	900

Source: Dr. Ian Smith, 50 Million Pound Challenge

## YES NO

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | I eat at least 5 servings of fruits and vegetables every day.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I eat at least 3 servings of whole-grain bread, rice, pasta, and cereal every day.                           |
| <input type="checkbox"/> | <input type="checkbox"/> | I drink reduced-fat or fat-free milk and yogurt, and I seldom eat high-fat cheeses.                          |
| <input type="checkbox"/> | <input type="checkbox"/> | I rarely eat processed and red meat like bacon, hot dogs, sausage, steak, ground beef, pork or lamb.         |
| <input type="checkbox"/> | <input type="checkbox"/> | I take it easy on high-calorie, baked goods such as pies, cakes, cookies, sweet rolls, and doughnuts.        |
| <input type="checkbox"/> | <input type="checkbox"/> | I rarely add butter, margarine, oil, sour cream or mayonnaise to foods when I'm cooking or at the table.     |
| <input type="checkbox"/> | <input type="checkbox"/> | I rarely (less than twice a week) eat fried foods.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I try to maintain a healthy weight.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I get at least 30 minutes of moderate to vigorous physical on 5 or more days of the week.                    |
| <input type="checkbox"/> | <input type="checkbox"/> | I usually take the stairs instead of waiting for an elevator.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I try to spend most of my free time being active, instead of watching television or sitting at the computer. |
| <input type="checkbox"/> | <input type="checkbox"/> | I never, or only occasionally, drink alcohol.  |

## ADD UP "YES" RESPONSES TO DETERMINE HOW WELL YOUR DIET STACKS UP.

**0-4. Diet alert!** Your diet is probably too high in fat and too low in plant foods like vegetables, fruits, and grains. You may want to take a look at your eating habits and find ways to make some changes.

**5-8. Not bad!** You're halfway there! You still have a way to go. Look at your NO answers to help you decide which areas of your diet need to be improved or whether your physical activity level should be increased.

**Good for you!** You're living smart! Keep up the good habits and keep looking for ways to improve.

Source: American Cancer Society