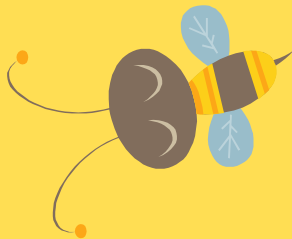


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# Bee Healthy Bee Well



## Encouraging a *Live Life Fit* attitude !!!



We do not stop exercising because we grow old - we grow old because we stop exercising. Dr. Kenneth Cooper

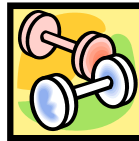
Exercise- "I never regret it when I do it, but I always regret it when I don't." Devin McDonald Vinson



Let's  
Get  
'Bee'sy



### 7 Tips to Restart the Exercise Habit:



- **Don't break the habit.** The easiest way to keep things going is not to stop.
- **Commit for thirty days.** Make a commitment to exercise every day for one month.
- **Make it fun.** If you don't enjoy yourself its going to be hard to make it a habit.
- **Get a buddy.** Having a social aspect to exercising can boost your commitment.
- **X your calendar.** Put a bright red X through any day on the calendar that you exercise.
- **Isolate your weakness.** If falling off the exercise wagon is a common occurrence, find out why.
- **Do it for YOURSELF!!**

Www.lifehack.org

### BMI BMI BMI BMI BMI

BMI (Body Mass Index) is a formula that uses both weight and height to estimate body fat. For most people, BMI provides a reasonable estimate of body fat. Excess body fat is related to serious health conditions. Its biggest weakness is that it does not consider individual factors such as bone or muscle mass.

Visit: <http://www.mayoclinic.com/health/bmi-calculator/NU00597>

Consider the benefits of achieving a healthy weight- a reduced risk of serious health conditions, such as heart disease, stroke and diabetes; increased energy, and improved self-esteem. To get started:

- Embrace healthy eating as a lifestyle
- Exercise (Remember even small amounts of activity provide immediate health benefits.)
- Set action goals focused on specific healthy activities such as starting a daily food and activity diary.

<http://www.mayoclinic.com/>

### Getting Fit Tip:

Put some change or a dollar bill in a jar every time you work out.



# Encouraging a *Live Life Fit* attitude !!!



## Climbing to the Top Of the Food Pyramid

The changes in the new food pyramid include brightly colored vertical stripes. Each stripe represents one of six food groups:

- Grains (orange-and the widest stripe)
- Vegetables (green)
- Fruits (red)
- Oils (yellow-and the thinnest stripe)
- Milk-including most foods made from milk (blue)
- Meat and beans (purple)



The food pyramid's stripes are also wider at the bottom and narrower at the top. This conveys the idea that not all foods within that group are of the same value. For instance, chicken and beef might fall within the same group. But chicken and beef have different nutritional values and calories.

By making a few healthier food choices each week, you can slowly work your way closer to the top of the food pyramid. This means eating more fruits, vegetables, whole grains, low-fat dairy, lean meat, and beans. It also means eating less refined grains, whole milk, cheese, hamburgers, and soda. Think baby steps!

Along with touting the best food choices, the new food pyramid also gives the benefits of exercise -- complete with a figure running up the side over a set of steps. This figure is there to remind us that healthy eating and physical activity are inseparable -- both are necessary for optimal health, disease prevention, and weight management.

<http://www.webmd.com/diet/guide/climbing-top-food-pyramid>

## Get on Track !!

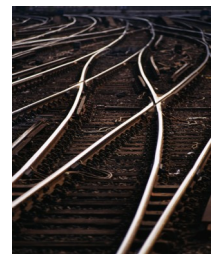
### Stay on Track!!

Writing down your daily food intake and exercise routine may seem boring, but it can become essential to help you reach your goals. When you write what you do on a daily basis, you can not only track and remember those activities days or weeks later but also see your progress, what changes you are implementing and how your body is changing. This can be a great motivational tool in the long run.

⇒ Set up a free account online (i.e. FitDay.com)

⇒ Create a tracking log using a spreadsheet or download a sample one. (i.e.Health-and-Fitness-Source.com)

⇒ Buy or download a program that allows you to track your food and exercise right on your computer. (i.e.CRON-O-Meter)



I can do all things through Christ, who gives me the strength. Phil 4:13

It's March. It's time to:

**Bee Healthy Bee Well**

*Disclaimer: As much as I enjoy looking up medical information on the Internet and sharing it with whomever will listen, I know that doesn't make me a health care **Helena B. Rogers**, MD. The **Bee Healthy Bee Well** newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this newsletter. I come to simply share information because we all know that knowledge is power!* Copyright © 2010, Aunjar LLC All rights reserved.