



## The TE Fit & Healthy Club - Volume 2

### Take Time to Take 10

At Fortune Fest we practiced "taking 10" by standing up and stretching during the middle of the Friday evening True Essentials training session. We need to walk the walk, literally, not just talk the talk. Take time right now to give your health a 10 minute boost. Relieve stress. Move your body. Connect with people around you. Find someone in your life that you will do this for: yourself, your children, your spouse, your cat... If you won't do it for yourself, then do it for me. If you find a creative, fun or interesting way to take your 10, then please share your story with me by sending me an email at holly@fhtm.net. Did taking 10 make a difference for your day, your life, or the wellbeing of a person around you? Please tell me about it.

### 10 Ways to "Take 10"

1. Enjoy nature. Look out the window or take a walk while listening to the sounds and enjoying the sights of the nature around you.
2. Voice positive thoughts for 10 minutes. What are you thankful for? What are you proud of? Refocus your thoughts and your mood by taking time to develop a heart of thankfulness.
3. Go climb the stairs - up and down - for 10 minutes.
4. Close your eyes, listen to the quiet or listen to some of your favorite songs. Sing along.
5. Shoot hoops or shoot some pool.
6. Look at photo albums. Reminisce, laugh, and then call someone from one of the pictures to let them know you are thinking about them and remembering good times shared together.
7. Do some good ol' calisthenics. No equipment is required: leg lifts, jumping jacks, squats, lunges, push ups, mountain climbers. End with some stretches.
8. Read the comics or work on a crossword puzzle.
9. Relax your mind and nourish your brain with oxygen. Close your eyes and breathe deeply while stretching.
10. Take time, one-on-one time, for a child, friend, coworker, or spouse. Take time out from everything else to look them in the eyes and give them your full attention. Brighten someone else's day.



### From the Mouths of Losers

When we do not look and feel our best, when we are not taking care of ourselves as we want to or know we should, we miss out. Here are some statements from the journey of a loser who gained his life back by losing 50 unwanted pounds.

"I felt awkward going out to parties and didn't talk to many people. I was missing out on so much."

"When I started to lose weight, I stopped missing my old foods."

"There was no gym... but I discovered I didn't need one. I began every morning with 30 minutes of body-weight exercises, and walked two nights a week..."

"Now I know, the more effort I put in, the more everything pays off."



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### In the News - Health & Fitness Tid Bits

- With every 2 percent increase in your daily consumption of trans fats, your risk of cardiovascular disease goes up 23 percent." Check the list of ingredients on any packaged food you are considering buying. If it includes "hydrogenated" in the wording, leave it there on the shelf. The FDA allows food manufacturers to report "0 grams trans fat" in products that contain up to 1/2 gram of trans fat per serving. If you eat 4 servings of chips or crackers, which is easy to do, you may be consuming nearly 2 grams of trans fat, thinking that you have not eaten any. (Kansas State University)
- Greek-style yogurt typically has twice as much protein and approximately a third less sugar than American-style yogurt. Go Greek to help build muscle and remove the added sugars from your diet.
- Many people associate aerobic exercise, such as running, cycling and swimming, with supporting and strengthening the heart, but strength training is good for the heart also. Consider including cardio strength training routines into your workout regimen.
- A Swedish study involving a million men found that the stronger a man is in his 20's, the less likely he will be to suffer a heart attack or stroke later in life.
- Limit your time outside when pollution is high if you have high blood pressure or cardiovascular disease. Air pollution is dangerous for the heart and can raise blood pressure, increase clotting, and impair blood flow.
- Vitamin D helps reduce the risk of colds and flu according to a recent study at Yale. Two recent studies showed that healthy adults with higher levels of Vitamin D during the fall and winter were found to be less likely to develop viral respiratory infections than those with lower levels. (Archives of Internal Medicine; Yale in PloS One)
- School children given 1200 IU a day of Vitamin D supplementation were 40% less likely to develop the flu. (American Journal of Clinical Nutrition)
- 180 minutes (3 hours) of weight-bearing exercise a week are needed to protect women from bone-density loss. (American Physiological Society's Experimental Biology Conference 2010)
- People who consumed 18 grams of protein (rather than eating carbohydrates) before lifting burned more calories the following day. Protein helps repair muscle damage. (Sports & Exercise Magazine)
- Women with low levels of Vitamin D have extra fat in their muscles, according to a study reported in The Journal of Clinical Endocrinology and Metabolism.

### The Ball is in Your Court

Have you gotten started with your Fit & Healthy Habits Worksheet? Have you selected some good habits to start building into your routine? If you did start - SUPER! - Congratulate yourself and then add another choice. Revisit your worksheet and pick one or two more habits to begin working on or expand one that you already selected. For instance, if you committed to taking 10 minutes per day to release stress or do exercises, then increase that commitment to 20 minutes a day or 2 sets of 10 minutes twice a day. What commitment will you make today? Your commitment may be in the form of, "I will never" or "I will always" or "I will not" or "I'm going to do this less" or "I'm going to do this more."



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Set some goals for yourself and WRITE THEM DOWN. How many times per day or per week will you make this choice? Keep your worksheet as a "living" document. Notate the date and description of your commitment on the worksheet each time you add a new habit.

### SMALL CHOICES ADD UP TO BIG CHANGES

### NOW IS THE TIME TO GET STARTED:

[Download the Fit & Healthy Habits Introduction and Worksheet](#)

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### The TE Fit & Healthy Club - Who We Are

As a Fit & Healthy Club Member, we encourage you to claim the following and march onward toward your goals:

**Your Vision:** A Fit & Healthy Me!

**Your Positive Focus:** Pursue Good-Health Habits, and the "Fit & Healthy Me" Will Follow

**Your Encouragement:** Small Choices add up to Big Changes

**Your Motto:** **LOSE TO WIN** – Toss Out the Bad Habits to Win Health & Fitness

### Your Commitment:

- Lose the bad habits
- Lose the fat
- Lose the negative thoughts
- Lose the inches
- Lose the junk

### Your Reward:

- **ENERGY \* HEALTH \* WELLNESS \* FITNESS \* CONFIDENCE**
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