

March 2010

March is National Nutrition Month



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From the Clipboard

— Notes from your Favorite Personal Trainer

Inspiration from Vancouver

The past two weeks I have really enjoyed watching the winter Olympics in Vancouver, British Columbia. My favorite events were skiing. The athletic abilities of those athletes is incredible. They spend years training to compete in a minute long event--and might lose by a tenth of a second.

Even though we're not going to be professional or Olympic athletes, I think we can all get inspired by the dedication these athletes show to their sports. I have noticed that people who are the most successful in a healthy lifestyle are the ones who have found something they're passionate about. Instead of just working out because they think they should, they have something that is driving them to work hard and enjoy the process of improving their health.

This can come from different sources: challenging goals, enjoying the benefits of being in good shape, or finding motivation from the achievements of others.

This month when you're working out, remember the thousands of hours each Olympic athlete has dedicated to being the best in their field. I think this makes a half hour on the treadmill feel that much easier.

Glenn

Featured Product

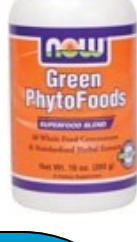
Greens Mix



Green plants (phytonutrient-rich products derived from green plants, algae and cereal grasses) provide us with one of nature's most vitamin-blessed sources of full-spectrum nourishment. With their exceedingly high concentrations of chlorophyll, vitamins, minerals amino acids, enzymes and plant sterols, these seasonally harvested super-foods are abundant in a wealth of immune boosting, energy producing nutrients. Available in both powder and tablet form, NOW Green Phytofoods can serve as a welcome addition to any healthy lifestyle.

Cost: \$22.50

Size: 10 oz



2010 Best of Fox 2 Hot List Nominee

Inspire Health and Fitness has been nominated in the 2010 FOX 2 Hot List contest as one of the best local businesses in the St. Louis area in the Personal Trainer category. Voting runs through Friday, March 19th.

Right now we are in second place. Your vote can make us #1.

Click [here](#) to vote for Inspire Health and Fitness.

Make March Mindful Eating Month

Eileen Vollmer, Nutrition Consultant 618-580-3771 (direct line)

Besides being a wonderfully alliterative mantra, eating mindfully brings many benefits, chief of which are improved digestion and weight loss. If you are not chewing your food thoroughly, all the wonderful digestive enzymes in the mouth can not do the precursory work of digestion, leaving more to be churned around in the stomach. (Think cement mixer.) Additionally, mindless eating is one of the premium ways to pack on pounds--how many times have you mindlessly munched on popcorn, chips, etc, in front of the TV only to realize you have eaten the portion size times 5? Come on, who really eats 1/2 cup of popcorn?

Here are a few tips to incorporate in March. Pick one, post it on your fridge, and do it!

1. Never, ever eat out of a box, carton, container or bag. Put the portion size on a small plate. Make it a pretty plate, not one with Barney or Elmo on it.
2. Eat sitting down. At a table is nice. Al fresco is really nice.
3. Eating is its own activity. Don't eat while driving, watching TV, reading, answering email, jogging on your treadmill or grocery shopping (that is called shoplifting).
4. Light a candle even if it is only you. Everything looks better in candlelight, both you and your food.
5. Don't drown your food with liquid unless you are a power eater champion and want to eat 68 hotdogs and buns in 10 minutes.
6. If you can handle it, try chopsticks. These really slow things down. (If you find yourself grabbing fistfuls of food after a few frustrating attempts, then this is counterproductive, obviously. Have a fork nearby.)



Got some mindfulness tips of your own? I'd love to hear them. Shoot me an email at eileenvollmer@gmail.com.

Have a great month!
To your health. ~Eileen



Colin's Nutrition Tip

Spinach is a super food. It contains roughly 80 nutrients including many antioxidants. Spinach is also an excellent source of vitamin B6, vitamin K, vitamin A, manganese, folate, magnesium, iron, vitamin C, calcium, and potassium. In short, spinach may protect you against heart disease, cancer, arthritis, and osteoporosis. Spinach may also promote brain and gastrointestinal tract health.

Recipe of the Month

Get Your Greens Minestrone—Modification of a recipe by Rachael Ray

Ingredients

- 2TBS extra virgin olive oil (EVOO)
- 1 med. onion, chopped
- 2 ribs celery, chopped
- 2 large cloves garlic, crushed
- 1 lb. ground turkey
- 1-2 bay leaves
- 1 TBS. Italian seasoning
- 1 can white beans
- 1 can garbanzo beans
- 8 cups chicken stock (I prefer low sodium and/or organic)
- 1/2 lb. green beans, trimmed and cut into 1 inch pieces
- 1 medium zucchini, halved and sliced
- 10 oz. bag baby spinach
- grated Parmigiano or Romano cheese
- optional: fresh basil or parsley
- optional: whole grain pasta, like Barilla



Directions

Heat soup pot over med-high heat. Add EVOO, onion, celery and garlic. Cook for 1 min, then add ground turkey. Cook until turkey is done (no longer pink). Season with fresh ground pepper, if desired. Add beans, stock, bay leaf and seasoning. Bring to a simmer. Add the green beans and zucchini and cook for about 8 minutes. Stir in the spinach; cook just until wilted, about 1 minute.

Ladle soup into bowls and top with grated Parmigiano or Romano cheese. Top with shredded basil or chopped parsley if desired.

NOTE: You can add cooked pasta to this soup. I like serving the pasta on the side, so folks can add their own. — Eileen

Good luck to all of the contestants in the Biggest Loser Challenge.

MARKETPLACE Magazine

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Coming up...

- Daylight Savings is March 14th. Don't forget to reset your clocks.
- The first day of spring is March 20th.
- Stay tuned to see who wins the Biggest Loser Fitness Challenge.



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