



APFP FIT NEWS

March 2011

Eat Right With Color

Shamrock Walk/Run March 19th, 2011:

☘ 1 Mile, 5K, 10K

☘ Location: Campus of Westside Park

☘ Race: Cardinal Greenway

www.munciemultisport.com
Sign up here!

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March 2011 is National Nutrition Month sponsored by the American Dietetic Association. This year's National Nutrition Month theme is "Eat Right With Color".

The American Dietetic Association encourages people to fill their plates at every meal with color including:

Green foods like: avocado, grapes, broccoli, asparagus, kiwi, green peppers, green beans, etc.

Orange and yellow foods like: peaches, carrots, mango, grapefruit, sweet potatoes, corn, squash, etc.

Red foods like: apples, cherries, tomatoes, red onions, pomegranate, red peppers, cranberries, red grapes, etc.

Purple and blue like: blueberries, purple grapes, egg plant, beans, blackberries, purple cabbage, plums, raisins.

Tan and brown foods like: Beans, bananas, coconut, nuts, etc.

According to the American Dietetic Association colorful fruits, vegetables, and legumes contain the most nutrients that we need in our diet. part of every meal, so here are a few ways to incorporate more:

1. Have a colorful salad bar night. Set out all types of colorful vegetables, beans, and fruits to make your own salad.
2. Create a taco bar with cut up vegetables, beans, and lean chicken to go inside whole grain tortillas.
3. Snack on red, yellow and green peppers with a hummus dip
4. Cut up all types of fruit and mix them together for a fruit-mix dessert.

National Nutrition Month is all about making informed and good nutrition choices while at the same time increasing physical activity.



Check out their website at:
www.eatright.org

March Birthdays

3/2 Ken Nunnelly	3/16 Janice Replogle	3/27 Helen Ross
3/4 Vinayak Tanksale	3/18 Teresa Story	3/28 Gerald Murray
3/6 Mari Patton	3/18 Joni Whetzel	3/29 Carolyn Trappe
3/11 Sue Gaylor	3/24 Kim Terrell	
3/15 Lois Altman	3/25 Richard Murray	



We hope your Birthday brings you much luck and good fortune!

Cooking Light Shrimp and Vegetable Stir-Fry

Ingredients:

1 1/4 cups fat-free, less-sodium chicken broth
 2 tablespoons cornstarch, divided
 3 tablespoons low-sodium soy sauce, divided
 3 tablespoons sake (rice wine), divided
 4 teaspoons honey, divided
 2 teaspoons chile paste with garlic
 1 teaspoon dark sesame oil
 1 pound large shrimp
 2 1/2 tablespoons peanut oil, divided 1 cup (1-inch) slices green onions
 2 tablespoons minced peeled fresh ginger
 4 garlic cloves, thinly sliced
 1 cup (1/4-inch-thick) red bell pepper strips
 3/4 cup (1/4-inch-thick) diagonally cut carrot
 1 1/2 cups snow peas, trimmed (about 4 ounces)
 4 cups hot cooked wide lo mein or udon noodles (about 8 ounces uncooked pasta)

Yield: 6 servings (serving size: 1 1/4 cups)
 CALORIES 344; FAT 7.8g (sat 1.3g,mono 3.1g,poly 2.7g);
 CHOLESTEROL 115mg; CARBOHYDRATE 45.2g; SODIUM 507mg; PROTEIN 20.8g; FIBER 2.8g

Instructions:

Combine the broth, 1 1/2 tablespoons cornstarch, 2 tablespoons soy sauce, 2 tablespoons sake, 2 teaspoons honey, chile paste, and sesame oil, stirring with a whisk; set aside.

Combine 1 1/2 teaspoons cornstarch, 1 tablespoon soy sauce, 1 tablespoon sake, and 2 teaspoons honey in a large bowl, stirring with a whisk. Add shrimp; toss gently to coat.

Heat 1 1/2 tablespoons peanut oil in a large nonstick skillet or a wok over medium-high heat. Add shrimp mixture; sauté 4 minutes or until shrimp are done. Remove shrimp from pan. Wipe the pan clean with paper towels. Add 1 tablespoon peanut oil to pan. Stir in onions, ginger, and garlic, and sauté 30 seconds. Add bell pepper and carrot; sauté 2 minutes. Add snow peas; sauté 1 minute. Stir in shrimp and broth mixture. Bring to a boil; cook mixture 1 minute or until slightly thick, stirring constantly. Add noodles, and cook 1 minute or until thoroughly heated.

www.cookinglight.com



Cooking Light offers recipes that are good for your taste buds and good for your health!

In the News



Exercise is good for the knees

A recent study has shown that exercise is good for your knees, improving cartilage integrity and not affecting the space where your cartilage is held .

- Weight bearing exercise like walking on the treadmill should be incorporated into your workout in the APFP.

Strength Training is the Key

A recent study suggests that adults who begin lifting weights early in life may benefit from decreased age-related muscle loss and live independently longer.

- We have a great set of resistance training equipment in our fitness center. If you are not currently lifting weights and are interested. Let the staff know!

Exercise and Type II Diabetes

New physical activity guidelines for people with Type II Diabetes include:

- At least 150 minutes of moderate to vigorous intensity exercise/week spread out between at least 3 days; No more than 2 days between exercise sessions
- Aerobic and Strength

According to the ACSM, “Adults should progressively increase their repetitions and weight throughout their resistance training plan”.