The New Superfoods

Wanna switch things up in the produce aisle? The Environmental Working Group has ID’d alternatives to a few classics that are just as nutritious:

*One pear has more fiber, potassium, and folate — and less pesticide residue — than one apple.

TRY: A pear and walnut salad with rosemary, olive oil, and lemon.

* A cup of chopped parsley has nearly nine times the vitamin A and more potassium, calcium, and folate than a cup of chopped broccoli.

TRY: Tabbouleh with parsley, bulgur wheat, and gar-"bony beans.

* A cup of mashed sweet potatoes has twice the fiber, iron, and vitamin A of a cup of chopped raw carrots.

TRY: Roasted sweet potatoes with brown sugar and cinnamon.


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A few steps here, a squat there. They add up. And possibly to even greater health benefits than you’d get from a full-fledged workout. People who move continually doing things like walking, fidgeting, standing, laughing, cleaning, or climbing stairs at work, could burn up to 2,000 calories per day, no moderate of vigorous exercise required, according to a 2015 review in Mayo Clinic Proceedings.

Great news, right? Check out these 50 creative ways to fit fitness into your day, wherever you are (and whatever you’re wearing).

1. People who own dogs are more likely to hit the daily recommended amount of physical activity than people without pooches, reports a review in the Journal of Physical Activity and Health.

2. When you’re sitting at a stoplight, squeeze your abs. Hold it until the light turns green.

3. When women wore Fitbits, they took 782 extra steps per day, according to a small 2015 American Journal of Preventative Medicine study.

4. You know you love rocking out in the living room! And you should — it burns major calories. So blast your favorite tune, use your brush as a microphone, and in three minutes, done!

5. Whenever you have a little private time — like when you’re drying your hands in the bathroom — do some squats.

6. Once you’ve finished your grocery shopping, take one last walk around the perimeter of the store. Bonus: That’s where you’ll find the fruits and veggies, so impulse buys are ok!

7. Pick a designated location in your home to stash your cell, so when you need it, you have to move for it!

8. Need more incentive than a sparkling house? Cleaning burns up to 400 calories an hour. Really get into it, any time of year!

9. Limit online shopping to one day a year — Cyber Monday — and visit your favorite retailers in person the rest of the time. You’ll hit 10,000 steps without even trying.

10. While you’re in the kitchen waiting for your coffee to perk, do some incline push-ups using the countertop.

11. A 155-lb person could burn 167 calories sudsing the car, according to the Harvard School of Public Health.

12. Hold walking meetings. You’ll burn calories and get innovative! People may be 60 percent more creative strolling than sitting, according to preliminary research from Stanford University.

13. Download Time Out, a desktop app that will lock you out of your computer for 10 seconds every 10 minutes, and 10 minutes every hour. Stretch, walk — get your blood flowing.

14. A 2015 study in the American Journal of Preventative Medicine found that if you constantly fidget while you sit — bounce your legs, keep your arms moving — you may help counteract negative health effects of being sedentary like poor posture and high BMI.

15. “Are you still watching?” Every time Netflix asks — usually after each half-hour episode ends — do 10 jumping jacks.

16. Wear sneakers more often. If your feet are comfy, you won’t mind making more trips on foot.

17. Go dancing on date night. It’s way more active (and romantic) than the typical dinner and a movie.

18. Sit down while brushing your teeth. But don’t take a seat. Try performing a wall sit (stay in a sitting position with your back against the wall). Hold the pose as long as you can, working up to a full two minutes.

Cont. on back….
The 2016 Biggest and Best Loser contest has now finished and we would like to thank everyone who participated! It was another successful contest and I sincerely hope each person is happy with their results and effort they put in!

Here are the winners of this year’s contest:

**Women**
1st Place: Timmeree Gadeken who lost 17.2% of body weight!

**Men**
1st Place: Gail Knust who lost 18.7% of body weight!

**Teams**
1st Place: “We Didn’t Learn” who lost 12.3% of their combined body weight!

We want to thank all our sponsors again. This contest wouldn’t be possible without the generosity of the community to keep it going!

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Lucy’s Flower Corner
Bangle Blvd.
Clip ‘N Curl
Elgin Pharmacy
Moyers Department Store
Weight Watchers—Neligh
The 2016 National Walk at Lunch Day is Wednesday, April 27th! All employees, please try and set time aside during your lunch time that day to join us for the walk again this year!

As we did last year, we will have two separate walk times. 12:00-12:30 and 12:30-1:00!

April 11th will start our first ever 5 Day Healthy Habits Challenge for AMH Employees!

I’m going to ask you to take up 5 healthy habits and find out what difference you can see in yourself in just 5 days!

Check your email for more information and to find out what the 5 healthy habits are!

I would like to see a lot of employee interest in this event, so please be sure to let me know you want to participate and/or contribute to the poster board I will hang in the cafeteria! This is to help motivate each other as well as share favorite recipes, exercises, motivational quotes, or whatever else you want!
19. Let the dishes soak! Walking for just 15 minutes after you eat may help control your blood sugar.

20. Put a DeskCycle under your workstation so you can pedal throughout the day. A 35-year-old, 150-pound woman could burn 90 calories per hour.

21. Get off the bus one stop early. You’ll lose a few minutes and gain a lot of extra steps.

22. Learn to hang that shelf and fix that doorknob. Home repair projects can burn 112 to 223 calories per hour (for a 155-lb person), according to the Harvard School of Public Health.

23. Swap out Candy Crush for Zombies, Run! Every time you walk, run or job in real life, the app will track your steps and move your virtual character that much farther from the zombies.

24. Each time you go on Facebook or Instagram, do a plank.

25. Start gardening! According to a 2014 HortTechnology study, weeding burns the same number of calories as working out on the elliptical, mulching melts off more than toga, and digging torches as many weightlifting or rowing.

26. There’s a reason your children are so fit: They play! Don’t just watch: Join in their games of tag, set up a scavenger hunt, or hop on the Wii together.

27. Get outside with a weekend camping trip. Hiking to a campsite, pitching a tent, and kindling a fire will burn calories.

28. Carry your baby in a Moby-Wrap or a BabyBjorn to give your abs, back and legs some much-needed love.

29. Before you get up, perform 10 reverse crunches on your cushy mattress.

30. Whenever you can — whether you’re in line or washing dishes — lift one foot. You’ll improve your balance and coordination, and strengthen the muscles in your feet, ankles, and legs.

31. Every time you sit, pause when you’re about an inch above the seat and then spring back up.

32. Give up your seat and hold the handrails. You’ll burn more calories than if you made the journey sitting on your bum.

33. Instead of curling up with a good read, walk around while you listen to it.

34. Did you have a Skipit when you were a kid? Then you may want to try SkipFit, a grown-up, calorie-torching spin on the classic.

35. Research consistently shows that we exercise harder and better when we’re pitted against others. Try to out-fitness your pals with FitBit Challenges. You can compete against up to nine FitBit friends to get the most steps.

36. Fold and put away your clean clothes and linens one item at a time. You’ll get in steps going back and forth.

37. Replace your swear jar with a burpee penalty.

38. Use phone conversations as opportunities to walk around and move while you chat. You can even get a headset to make it easier.

39. You’ll burn more calories playing pool, darts, or foosball than you will planted with a trowel.

40. Every time you have to walk down a hallway at home, make the journey one walking lunge at a time. You’ll get bonus points if you’re carrying something while you do it.

41. Hide the remote. You’ll never realize how often you change the channel until you do.

42. Besides making it feasible to walk or bike on almost any errand that comes your way, a loaded backpack strengthens the muscles in your core, back, and even legs.

43. When Google Maps gives you different options for walking somewhere, don’t pick the first route (It’s usually the shortest!)

44. If you’re going to eat takeout, always opt to go out and get it yourself. Walking to and from the restaurant — or even just your car — burns more calories than waiting for the food to arrive at your door.

45. The next time you take your kids for some out-door fun, take advantage of the equipment yourself. Try to master the monkey bars, perform TRX-style push-ups using a swing, or hop back and forth over a bench.

46. When you’re standing at the sink washing dishes, do calf raises.

47. When you’re doing chores at home, run — don’t walk — from place to place.

48. Every time you pull a gallon jug out of the fridge, quickly press it over your head (using both hands!) before pouring a glass.

49. Bend better. Instead of just hinging at the waist when you pick something up off the floor, do a full squat. You’ll work your entire legs to build more muscle and burn more calories.

50. Master bed stretching. After you crawl into bed, perform exercises to sleep better and wake up with energy to hit your fitness goals.