



# Vibrant

A Weekly Bulletin for "Choose a PATH to Wellness"

**Week 4  
Training  
Table**

TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL



Together. Better. Stronger.

## An Olympic Challenge

### Mission Four

## TRAINING TABLE

What is Healthy eating? Discover the joy of healthy eating. Find 4 new healthy foods you will love to eat every day.

*"Life is an unfoldment. The further we travel, the more we comprehend."  
- Hypatia*

**Choose** new foods by getting familiar with the U.S. dietary guidelines: "MyPyramid" ([www.mypyramid.gov](http://www.mypyramid.gov)). To the right is an explanation of the different food groups. The following are the key concepts of the pyramid and recommendations for a truly simple, successful, and healthy diet:

- Choose healthier foods from each group.** The stripes in the Pyramid are wider at the bottom than the top. Every food group has foods that you should eat more often than others. Choose more foods from the bottom of the pyramid.
- Eat more foods from some groups than from others.** Some of the stripes are wider than others, reminding you to choose more foods from the big groups.
- Eat every color, every day.** Eating foods from every group helps you get all the vitamins and minerals you need to stay healthy.
- Limit Oils.** Oils are not a food group but you need a little bit to be healthy. Get your oils from fish, nuts and liquid oils such as canola, safflower or corn oil.
- Balance what you eat with Physical Activity.**
- Make choices that are right for you.** Within the key concepts of "MyPyramid" choose what you enjoy.
- Take it one step at a time.** You don't need to change overnight, and you don't need to be perfect.



Grains	Veggies	Fruits	Milk	Meats & Beans
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein
<ul style="list-style-type: none"> <li>◆ Eat at least 3 oz. of whole grain cereals, breads, crackers, rice, or pasta every day.</li> <li>◆ 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</li> <li>◆ Eat more orange veggies like carrots &amp; sweet potatoes.</li> <li>◆ Eat more dry beans &amp; peas like pinto or kidney beans, and lentils</li> </ul>	<ul style="list-style-type: none"> <li>◆ Eat a variety of fruits.</li> <li>◆ Choose fresh, frozen, canned, or dried fruit.</li> <li>◆ Go easy on fruit juices.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Go low-fat or fat-free when you choose milk, yogurt, and other milk products.</li> <li>◆ If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Choose low-fat or lean meats &amp; poultry.</li> <li>◆ Bake it, broil it, or grill it.</li> <li>◆ Vary your protein routine - choose more fish, beans, peas, nuts, and seeds.</li> </ul>
Eat 6 oz. every day	Eat 2½ cups every day	Eat 2 cups every day	Get 3 cups every day	Eat 5½ oz. every day



### Terra Cotta Spaghetti Squash

1 medium spaghetti squash

For the filling:

- 2 tsp olive or corn oil
- 1/2 cup red onion, chopped
- 1 jalapeño chili, seeded, minced
- 1/2 cup red pepper, chopped
- 1 cup black beans, rinsed and drained well
- 1/2 cup sweet corn, frozen or fresh
- 1 tsp chili powder
- All of the reserved cooked squash, about 4 cups
- 1/3 cup cilantro, minced
- 1 TB lime juice
- 1 tsp sea salt

Roast squash in a 375 degree oven for 50 minutes until tender or cut squash in half and place in a microwave dish with 1/2 inch of water, lightly covered with plastic wrap for 20 minutes on high until tender. Cool. When cool, scoop flesh from squash halves leaving the shell intact for stuffing.

For the filling: heat oil in a large pan and sauté first three ingredients for 2 minutes. Add the beans, corn and chili powder; sauté 1 minute longer. Add the cooked squash and all remaining ingredients, cook 1 minute until heated through.

Fill squash halves with filling, mounding mixture in the center. Serves 4

Calories 160, Fat 3.5g, Protein 6g, Carbohydrate 29 g, Fiber 7g, Sodium 330mg.



## About the Olympics

### The '40s and '50s

#### The Iron Curtain Falls For Sports

**1948 – London/St. Moritz.** Summer games were held in London to lift the spirits of war torn England.

The first games shown on home television sets across the world.

**1952 – Helsinki/Oslo.** The Soviet Union attended for the first time. They escorted all their athletes and housed them away from the Olympic Village. The Cold War played out in sports and a serious battle for team medals ensued. This unwritten rivalry continued until the fall of the Berlin Wall in 1988. Team medal counts were never officially recognized by the International Olympic Committee, not even to this day.

Women were allowed to compete against the men in the Equestrian Dressage event. Lis Hartel, a Danish woman who was paralyzed from the knees down took home silver!

**1956 – Melbourne & Stockholm/Cortina D'Ampezzo.** The Soviets invaded Budapest two months before the Summer games opened. Spain, Switzerland, and the Netherlands boycotted as a result. The men's water polo championship game between Hungary and the USSR became a literal blood bath from violent hits during play.

Equestrian events were held in Stockholm due to an Australian federal quarantine of 6 months on horses.

A new tradition started at the Closing Ceremony whereby all athletes marched together into the stadium, rather than separated by country.

Electronic scoring in fencing was introduced as well as a timing device for swimming.

The last year Figure Skating was held outdoors.

## Training Tips

### This Week's Stretch & Strengthen Exercise: Abs — Stomach

#### Instructions:

- ♦ Begin by laying flat with your knees bent.
- ♦ Flatten your lower back to the floor.
- ♦ Slowly roll your chin toward your belly button as you bring your knees up toward your chest.
- ♦ Squeeze and hold your stomach muscles (Abs), then lower your knees and roll your head back to starting position. Don't allow your feet to touch the floor between repetitions.
- ♦ Repeat until your muscles feel fully fatigued (7-25 times).



#### Important Cautions:

- ♦ Keep your lower back flattened to the floor at all times. This protects your back and forces your abs to work harder.

## Safety Corner

### Lifting Right

#### Getting Ready To Lift

**Protect** your hands and feet by wearing safety gear.

**Size up the load**—tip it on its side to see if you can carry it comfortably. Get help if the load is too big or bulky for one person. Check for nails, splinters, rough strapping and sharp edges.

**Lift it right**—make sure your footing is solid. Keep your back straight, with no curving or slouching. Center your body over your feet, get a good grip on the object and pull it close to you. Pull your stomach in firmly. Lift with your legs, not your back; if you need to turn, move your feet and don't twist your back.

#### Tough Lifting Jobs

**Oversized loads:** do not try to carry a big load alone; ask for help. Work as a team by lifting, walking and lowering the load together. Let one person call the shots and direct the lift. Use proper mechanical devices for heavy loads.

**High loads:** use a step stool or a sturdy ladder to reach loads that are above your shoulders. Get as close to the load as you can and slide the load toward you. Do all the work with your arms and legs, not your back.

**Low loads:** loads that are under racks and cabinets need extra care. Pull the load toward you, then try to support it on one knee before you lift. Use your legs to power the lift. **Always** use your stomach as a low back support by pulling it in during lifting.

From the National Safety Council