

### Calendar of Events

April 16th	Start! Program Begins
May	Families 4 Families Event—CPR Training
August	Families 4 Families Event—Picnic
October 18th	Madison Heart Walk 2008
October 19th	Milwaukee Heart Walk 2008
November	Families 4 Families Event—Mosaics



## HEART HEALTHY LIVING

Sponsored by CJ & Associates, Inc.

April 2008



### UPDATE

On April 16th, the American Heart Association kicks off their National Start! Walking Program at the Milwaukee Public Museum between 11 a.m.—1 p.m. Walk the 30 minute path through the museum, enjoy a healthy lunch provided by Subway, participate in an athletic shoe fitting provided by New Balance, have your blood pressure screened and learn more about the Start! Program tools.

As we did last year, CJ will be having our own kick-off at 2:41, for those who want to participate. We had 14 employees who participated last year and walked more than 2600 miles from April to October and we hope to do it again!

Why 2:41? Because you gain 2 hours of life expectancy 4 every 1 hour of regular exercise! It can be as easy as WALKING! Walking as little as 30 minutes a day provides heart health benefits.

### Bravo! Entrepreneur Award 2008

CJ & Associates is proud to announce that Curt Rudy has been chosen as one of 8 winners of the Bravo! Entrepreneur Award for 2008! This award recognizes those individuals and their companies for their entrepreneurial success, innovation, and creativity. CJ & Associates has been in business for almost 25 years, thanks to Curt and Judy's drive, determination and commitment so we are pleased they will be honored. The award will be given on May 1st at the BizTech Expo and Conference luncheon.



### Business Person of the Year

Each year, the New Berlin Chamber of Commerce selects a member or an employee of a member company for the prestigious annual Business Person of the Year Award. We are pleased to announce that our President, Kim Hastings, has been chosen for 2008! Nominees are chosen based on outstanding personal characteristics and major accomplishments both professional and personal. Kim will be given this award on April 2nd at the New Berlin Hills Country Club. Everyone at CJ & Associates is very proud of Kim and her much deserved award!



## Become a cereal dieter

*Seinfeld* had it right. Eating whole grain cereal at least twice a week cuts the risk of heart failure by 22 percent, a study at Harvard Medical School shows. For a hearty breakfast, choose a whole-grain cereal with at least 4 grams of fiber and no more than 5 grams of sugar per 100 calories. Be sure to stick with a serving size of no more than 180 calories to prevent pounds from creeping up.



## Closed for business

Your metabolism slows in the evening because you're generally less active, so it pays to think twice before plowing through that pint of Cherry Garcia before Letterman. Regularly munching after 8 p.m. is linked to weight gain—up to a pound a year, say researchers at the University of Kansas. After dinner, pack up leftovers, run the dishwasher and flip the light switch off to put an end to nibbling.

## Use your bean

Powerful things can come in small packages. Having about 2 cups of beans weekly may slash your risk for colon cancer by 65 percent over 4 years, researchers at the National Cancer Institute report. Polyphenols and a type of fiber in legumes may prevent colon polyps from forming. Black, pinto, navy and lima beans are all good picks; toss them in salads or soups.



## Going Bananas!



A professor at CCNY for a phys class told his class about bananas. He said the expression “going bananas” is from the effect of bananas on the brain.

Bananas contain three natural sugars—sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit among athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a number of illnesses and conditions, making it a must to add to our daily diet.

**Depression**—bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and make you feel happier.

**PMS**—forget the pills, eat a banana. The vitamin B6 it contains regulates blood glucose levels.

**Anemia**—high in iron, bananas can stimulate the production of hemoglobin in the blood.

**Blood Pressure**—The US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke, because of its high content of potassium.

**Constipation**—High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Heartburn**—Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**Mosquito Bites**—Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it successful at reducing swelling and irritation.

**Ulcers**—The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Stress**—Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises thereby reducing our potassium levels. These can be rebalanced with the help of a banana.

**Strokes**—Eating bananas as part of a regular diet can cut the risk of strokes by as much as 40%!

## Tip Time

### Use Your Grains!

If you're craving the health-boosting benefits of grains (a reduced risk of heart disease, diabetes, and obesity), then opt for whole grains over refined. Not sure which is which? Just look for the Whole Grains Council's yellow whole-grain stamp on packages or check the ingredients label for 100% and the name of the grain. Try one or more of the 8 listed below.

1. **BULGAR.** Toss with Arugula and Canadian bacon.
2. **KASHA.** Toss with whole-wheat pasta, toasted almonds, and chives.
3. **OATS.** Add to diced cooked chicken, peas and thyme.
4. **RED RICE.** Toss with stir-fried veggies, diced tofu and tamari sauce.
5. **WILD RICE.** Mix with brown rice, feta cheese, cooked shrimp, and chopped dill.
6. **QUINOA.** Stir into canned black beans and flavor with chipotles en adobo to taste.
7. **BARLEY.** Mix with baby spinach, cherry tomatoes, and diced cooked lean ham.
8. **WHEAT BERRIES.** Stir in diced cooked turkey, dried cranberries, and parsley.

## Boost your diet willpower



A grocery list may seem like overkill when you're just making a quick run to the supermarket, but relying on your memory may put your waistline at risk. Shoppers who neglect to jot down what they plan to buy are more likely to choose high calorie impulse foods—like chips and cookies—than those who have written reminders, according to a new study from New York University. The brainpower you use trying to remember what to buy takes away from the mental strength needed to resist temptation. The best way to avoid tossing treats into your cart? Keep a running list throughout the week, read it over before you leave the house and stick to it when you're roaming the aisles. Making one up on the way to the store won't cut it; if you don't have time for a running list, take five minutes to go through your cupboards and refrigerator and write one down before you head out. That way, you won't be drawn to that box of double-fudge brownies that's on super sale.

## April is Alcohol Awareness Month

When many people think of alcohol abusers, they picture teenagers sneaking drinks before high school football games or at unsupervised parties. However, alcohol abuse is prevalent within many demographic groups in the United States. People who abuse alcohol can be:

College students who binge drink at local bars.

Pregnant women who drink and put their babies at risk for fetal alcohol syndrome.

Professionals who drink after a long day of work.

Senior citizens who drink out of loneliness.

In 2003, almost 23 percent (54 million) of Americans participated in binge drinking within 30 days prior to taking the National Survey on Drug Use and Health. That same year, approximately 21.6 million adults abused alcohol or were alcohol dependent.

To recognize the serious problem of alcohol abuse, April is designated "Alcohol Awareness Month." April 8th marks the annual observance of National Alcohol Screening Day. At locations across the United States, people can be screened—anonously—to see if their drinking habits may be risky.

Participants who come into a screening site on April 8th will have the opportunity to view an educational presentation and pick up educational materials, such as a questionnaire that screens for risky drinking and dependence. People can also meet one-on-one with a health professional to discuss any concerns. The screenings are free and anonymous.



There are many ways you can help yourself to cut down on drinking. Try these "tips".

- Watch it at home. Don't keep temptations around.
- Drink slowly. Take a break of 1 hour between drinks. Eat food when you are drinking.
- Take a break from alcohol. Pick a day or two each week when you will not drink at all.
- Learn to say NO. You do not have to drink when other people drink.
- Stay active. Use the time and money to do something fun with family or friends.
- Get support. Talk to your doctor if you are having trouble. Ask your family and friends to help you reach your goal. Do not give up!

### Warning Signs of Alcohol Abuse

If you are drinking too much, you can improve your life and health by cutting down. How do you know if you drink too much? Read these questions and answer "yes" or "no."

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or hangover after drinking?

If you answered "yes" to any of these questions, you may have a drinking problem. Check with your doctor to be sure. Your doctor will be able to tell you whether you should cut down or abstain. If you are an alcoholic or have other medical problems, you should stop drinking completely.

If your doctor tells you to cut down on your drinking, these steps can help you:

1. **Make a list of the reasons you want to drink less and keep it on the fridge.**
2. **Set a drinking goal. Choose a limit of no more than one or two drinks a day.**

A drink is:

- A 12 ounce bottle of beer;
- A 5 ounce glass of wine; or
- A 1 1/2 ounce shot of liquor.

**These limits may be too high so consult your doctor about the limit that is right for you.**

## Banana-Oatmeal Hot Cakes with spiced maple syrup

### Ingredients: Serves 6

1/2 cup maple syrup  
1/2 cinnamon stick  
3 whole cloves  
1/2 cup old-fashioned rolled oats  
1 cup water  
2 tablespoons firmly packed light brown sugar  
2 tablespoons canola oil  
1/2 cup whole-wheat (plain) flour  
1 1/2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
1/4 teaspoon ground cinnamon  
1/2 cup 1percent low-fat milk  
1/4 cup fat-free plain yogurt  
1 banana, lightly mashed  
1 egg, slightly beaten



Nutritional Analysis Per Serving:  
Calories 268, Protein 6g, Carbohydrates 48g, Total Fat 6g, Saturated Fat 1 g, Monosaturated Fat 3g, Cholesterol 36mg, Sodium 230mg, Fiber 3g

### Directions:

In a small saucepan, combine the syrup, cinn. stick and cloves. Place over medium heat and bring to a boil. Remove from heat and let steep for 15 minutes. Remove the cinn. stick and cloves with a slotted spoon. Set the syrup aside and keep warm.

In a large microwave-safe bowl, combine the oats and water. Microwave on high until the oats are creamy and tender, about 3 minutes. Stir in the brown sugar and canola oil. Set aside to cool slightly.

In a bowl, combine the flours, baking powder, baking soda, salt and ground cinnamon. Whisk to blend.

Add the milk, yogurt and banana to the oats and stir until well blended. Beat in the egg. Add the flour mixture to the oat mixture and stir just until moistened.

Place a nonstick frying pan or griddle over medium heat. When a drop of water sizzles as it hits the pan, spoon 1/4 cup pancake batter into the pan. Cook until the top surface of the pancake is covered with bubbles and the edges are lightly browned, about 2 minutes. Turn and cook until the bottom is well browned and the pancake is cooked through, 1 to 2 minutes longer. Repeat with the remaining pancake batter. Place the pancakes on warmed individual plates. Drizzle with the warm syrup and serve.

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www.americanheart.org

## Taco Salad

Ingredients: Makes 4 servings, 1 cup filling & 2 cups salad each

1/2 cup prepared salsa  
1/4 cup reduced-fat sour cream  
1 teaspoon canola oil  
1 medium onion, chopped  
3 cloves garlic, minced  
1 pound 93%-lean ground turkey  
2 large plum tomatoes, diced  
1 14-ounce can kidney beans, rinsed  
2 teaspoons ground cumin  
2 teaspoons chili powder  
1/4 cup chopped fresh cilantro  
8 cups shredded romaine lettuce  
1/2 cup shredded sharp Cheddar cheese



### Directions:

1. Combine salsa and sour cream in a large bowl.
2. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring often, until softened, about 2 minutes. Add turkey and cook, stirring often and crumbling with a wooden spoon, until cooked through, about 5 minutes. Add tomatoes, beans, cumin and chili powder; cook, stirring, until the tomatoes begin to break down, 2 to 3 minutes. Remove from the heat, stir in cilantro and 1/4 cup of the salsa mixture.
3. Add lettuce to the remaining salsa mixture in the bowl; toss to coat. To serve, divide the lettuce among 4 plates, top with the turkey mixture and sprinkle with cheese.

Nutrition Information Per Serving: 356 calories; 14 g total fat, 5 g saturated fat, 1g monosaturated fat, 81 mg cholesterol, 26g carbohydrate, 33g protein, 10g fiber, 618 mg sodium, 763 mg potassium. Nutrition bonus: Vitamin A (150% daily value), Vitamin C (60% dv), Folate (53% dv), Iron (25% dv), Potassium (22% dv).

## Quinoa Risotto with Arugula and Parmesan

### Ingredients: Serves 6

1 tablespoon olive oil  
1/2 yellow onion, chopped  
1 garlic clove, minced  
1 cup quinoa, well rinsed  
2 1/4 cups vegetable stock or broth  
1 small carrot, peeled and finely shredded  
1/2 cup thinly sliced fresh shitake mushrooms  
1/4 cup grated Parmesan cheese  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper



### Directions:

In a large saucepan, heat the olive oil over medium heat. Add the onion and sauté until soft and translucent, about 4 minutes. Add the garlic and quinoa and cook for about 1 minute, stirring occasionally. Don't let the garlic brown.

Add the stock and bring to a boil. Reduce the heat to low and simmer until white to translucent, about 2 minutes longer.

Stir in the cheese and season with the salt and pepper. Serve immediately.

Nutritional Analysis Per Serving: Calories 147, Protein 8g, Carbohydrate 23g, Total Fat 3g, Saturated Fat 1g, Monosaturated Fat 1g, Cholesterol 3 mg, Sodium 292mg, Fiber 2g