

UPCOMING EVENTS:

October 13th—AHA 2007 Metro Milwaukee Heart Walk. CJ will be sponsoring a team and we'd love for you to join us!



UPDATE

The CJ Start! Walking Team has walked another 402 miles to reach our second destination—Little Rock, Arkansas. A water bottle was given to each member as a prize. We are already on our way to the third stop—San Antonio, Texas—we'll keep you posted on our progress!



HEART HEALTHY LIVING

Sponsored by CJ & Associates, Inc.

July 2007

Surviving the Summer Heat

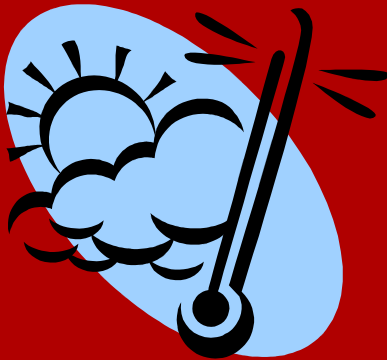
Summer heat can be unbearable—especially for older adults and children. It can be dangerous to your health at any age—would you recognize the signs when you've had too much sun?

Heat Exhaustion: This occurs when during the course of outdoor activity, your body cannot cool down—usually due to lack of enough fluids.

Symptoms include: Dizziness, weakness, nausea, headache & vomiting. Blurry vision, sweaty skin, difficulty speaking and feeling hot & thirsty are also signs.

If a person has one or more of these signs, they should move to a cool place and drink plenty of water.

Heat Stroke: This occurs as a result of untreated heat exhaustion. Symptoms include: sweating, awareness of heat and thirst decreases, confusion or delirium, loss of consciousness or seizure, or body temp rises rapidly to above 101 degrees.



Heat stroke is a serious medical emergency and must be treated quickly by a medical professional. Until help arrives, keep the person cool by rubbing ice on the neck, armpits and groin areas as well as giving fluids if the person can swallow.

This is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.

Tooting Our Own Horn

CJ & Associates is excited to announce that we have been selected as one of the Top Milwaukee Workplaces for 2007! This award is given out by the Milwaukee Business Journal and is based on an employee's satisfaction with areas such as workplace environment, benefits and employee/employer relationships.

CJ & Associates has been chosen to receive another award—this one given by the MMAC and its Council of Small Business Executives. We have been named to the 2007 Future 50 List which celebrates the success of fast-growing regional companies.

Online Diets: Can they really help?

As with any weight loss program, success with an online diet means picking one that suits your lifestyle—and your body. Shape Magazine recommends the following three:

1. **Ediets.com**—this site is good if you have health concerns. You have access to in-demand diets and it offers advice to dieters with medical conditions such as diabetes. You can get round-the-clock support with a nutritionist who will generate a weekly menu, along with recipes and a shopping list. Cost: \$16 a month. For a fitness program, add \$13 a month.
2. **Weightwatchers.com**—this site allows you to keep track of what you eat via a point system. They also give you access to a helpful restaurant guide, listing over 125 chains. You can get tools to guide you through the program, 30 message boards tailored to your interest, a database of over 1200 recipes, and success stories to keep you motivated. Cost: \$30 one-time-fee and \$17 per month. If you feel you need more one-one guidance, you may want to go to a local Weight Watcher meeting.
3. **Diet.com**—this site is all about personalization. After answering an extensive questionnaire, you're put on of 21 diet plans best suited to you. The site also has the typical features: weekly shopping lists, a food diary and weight tracker, 24 hour support groups, and workout video demonstrations. A registered dietician is also on hand to answer questions posted on the bulletin boards. Cost: \$20 one-time fee, \$20 per month; or if you pay up front, \$140 for the year.

Low Fat Summer Grilling

It's that time again—time to grill out! Instead of overeating those fattening salads and desserts, there are ways to make it delicious *and* heart healthy.

Hot Dogs or Hamburgers?

Neither—unless the hot dog is a low-fat, low-sodium turkey do or the burger is made from lean ground beef or turkey. Or try a veggie burger.

Choose chicken (without the skin), halibut, salmon, scallops or shrimp. Or choose a lean cut of beef such as a flank steak, filet mignon, top loin or eye of round. Lean cuts of pork and lamb are fine also.

Marinades and rubs

The key to flavorful meat is the marinade or rub. Making your own can cut down on fat and sodium. Use canola or olive oil with lemon or lime juice and herbs as a base. Or for a barbeque sauce, mix ketchup, vinegar, Worcestershire sauce and molasses—add hot sauce for some heat. Using a marinade also helps prevent over or under-cooking the meat.

Kabobs

These are a great way to incorporate vegetables and/fruit into your meal. Good choices are zucchini, cherry tomatoes, peppers, pineapple, red onion and mushrooms.

Salads and Sides

For potato salad, substitute low fat or fat free mayo, yogurt or sour cream. Take out some or all of the egg yolks. For salads with oil and vinegar dressing, switch the ratios. Use three parts vinegar to one part oil. Toss green salads with a citrus-based vinaigrette. Use baked croutons or almonds and walnuts as toppings. Add dried fruit such as cranberries, cherries and raisins.

Desserts

Make fruit kabobs—kids love 'em. Make a dipping sauce with chocolate syrup or low fat vanilla yogurt. Make fruit smoothies with fruit and low fat milk or yogurt. Serve berries with angel food cake and fat free whipped topping. Make a fruit pie. Serve frozen yogurt instead of ice cream. Offer sorbets or fruit juice popsicles.

Tip Time

Best Methods for a Heart Healthy Diet:

- **Eat at least five servings of fruit and vegetables a day.** Diets high in fruits and veggies are associated with a lower risk of heart disease and stroke.
- **Eat six or more servings of whole grains per day.** The nutrients in whole grains protect against heart disease and stroke.
- **Eat two servings per week of fish for omega 3 fats.** Choose salmon, halibut, tuna or flax meal/oil to increase good HDL cholesterol and reduce blood clotting tendencies.
- **Eat monosaturated fats in place of saturated and hydrogenated fats.** Substitute with olive oil, canola oil, nuts and seeds. Reduced your intake of margarine and packaged foods.
- **Eat more soy foods.** Soy foods reduce cholesterol and offer benefits for post-menopausal women.
- **Eat more dried beans, dried peas and lentils.** These provide high amounts of fiber, folic acid, and minerals.
- **Eat no more than 6 ounces per day extra lean beef, pork or skinless chicken.** Keep cholesterol and blood fats under control.
- **Eat three servings of low fat dairy foods daily.** Use 1% milk or low fat yogurt.
- **Take a multivitamin mineral supplement or use foods fortified with B vitamins.** Deficiencies are associated with high levels of homocysteines, which are associated with stroke and heart disease.

Barbecued Pork Chops

Ingredients:

- 1/3 cup ketchup
- 1 tbsp cider vinegar
- 1 tbsp brown sugar
- 2 tbsp Worcestershire sauce
- 1 tbsp chili powder
- 4 lean loin pork chops, trimmed of fat

Prep:

Combine ketchup, cider vinegar, brown sugar, Worcestershire sauce and chili powder. Place pork chops in a large resealable plastic bag. Pour barbecue sauce into bag and cover chops with it.

Marinate for 4-6 hours.

Preheat grill or broiler. Spray grill with high-temp non cooking spray before heating; or spray broiler rack while broiler is heating.

Place marinated chops on grill or broiler and cook until done, about 5 minutes per side. Serves 4.



Per Serving: Calories 241, Calories from Fat 68, Total Fat 7.6 g, Sat. Fat 2.6 g, Cholesterol 90mg, Sodium 449 mg, Carbohydrates 11.5g, Fiber .9 g, Protein 31.7g

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Summer Parfaits

Ingredients:

- (1)3.5 oz. box of instant vanilla pudding & pie mix
- 1 1/2 cups fat free milk
- 2 cups of fresh mixed berries, divided
- 1 1/2 cups fat-free whipped topping
- Berries for garnish

Preparation:

Whisk vanilla pudding using fat-free milk for 2 min-

Leave pudding to stand and thicken for a few minutes. Divide 1 cup of fruit between four dessert glasses. Use half the pudding, divided among the glasses. Add half the whipped topping, followed by another layer of fruit, pudding and whipped topping. Garnish with a slice or two of strawberries or a few blueberries. Refrigerate until ready to serve.

Calories	196	Cholesterol	2 mg	Carbs	44.3g
Total Fat	.5 g	Sodium	406 mg		
Fiber	1.9 g	Protein	3.5 g		



Feta-and-Veggie Stuffed Zucchini

Ingredients:

- 4 medium zucchini
- 4 large tomatoes, cored and finely chopped
- 2 medium shallots or 1 small onion, finely chopped
- 2 cups mushrooms, finely chopped
- 2 tbsp basil, fresh, minced
- 1/2 tsp table salt
- 1/4 tsp black pepper
- 1 1/3 oz or 1/4 cup reduced-fat feta cheese, crumbled
- 8 tbsp fat-free ranch salad dressing



Instructions:

Slice zucchini in half lengthwise. In a large pot of boiling water, cook until tender, about 8-10 minutes. Drain well. Scoop out and discard pulp in center.

Coat a large non-stick skillet with cooking spray. Add tomatoes, shallots/onion and mushrooms. Cook over medium heat until pulpy, about 5 minutes. Stir in basil, salt and pepper.

Generously spoon filling into 8 zucchini halves. Arrange 2 per plate.

In a bowl, stir together feta cheese and salad dressing. Drizzle over stuffed zucchini.