



UPDATE

1380 miles! The CJ Walking Group has surpassed their first destination of New York, New York and are a little over 600 miles from their second—New Life, North Carolina. (We have passed New Haven, Connecticut and are walking through New Era, West Virginia) Notice our common theme? Everything's NEW!

Calendar of Events

August 16th	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.

July 2008



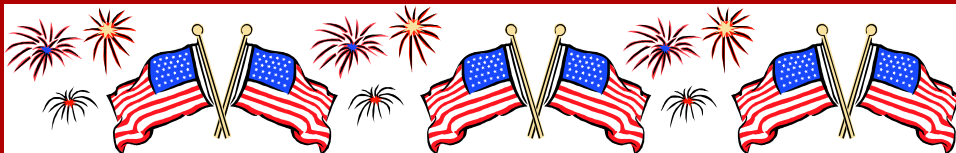
CJ & Associates is pleased to announce that we have been elected to the Metropolitan Milwaukee Association of Commerce 2008 Future 50 list, for the second year in a row.

We are very honored to be selected again!

MMAC began the Future 50 program in 1980 to recognize the outstanding achievements of local, fast-growing entrepreneurs.

Milwaukee's Future 50 program recognizes privately-owned companies in the seven county region that have been in business for at least three years and have shown significant revenue and entrepreneurial growth.

The companies will be honored at the annual Future 50 Luncheon.



CJ & Associates will be hosting a Customer Appreciation and Families 4 Families Picnic on August 16th from 1-6. There will be food, fun and games for the whole family!

Keep the date on your calendar and more details will follow— Hope to see you there!

Put a spring in your step

The weather's warm, so take your exercise to the streets for a power walk. Before setting off, take a breath, then suck in your lower abs without lifting your chest or moving your body. Keep breathing! Now try to pull in even further. Start walking. Release your abs after five seconds. Repeat the two-step contraction and release while in motion for a great core workout, plus an extra calorie burn.



Exercise Restraint

Got the munchies? Your new Spinning habit could be the culprit. Scientists say that upping your cardio may make you more likely to reward yourself with food. Former couch potatoes who exercised three hours a week shed 3 pounds in six months, or only half of what they could have lost had they not eaten extra nibbles. Tally your calorie intake and burn so you don't blow your slim-down success.

Be a game player

To feel happier, try your hand at a game or two. We love the ones created by psychologists at Mind-Habits.com. Formed on social intelligence research, playing just five minutes a day for a week can reduce stress and boost confidence, as well as help you develop and maintain a more positive state of mind!



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Healthier Eating Made Easy

With our busy lifestyles, we can forget the basics of healthy eating. Choose a variety of foods from each food group and have fun incorporating these into your daily eating habits.

Whole Grains

- Whole-grain breakfast cereal
- Whole-grain breads (wheat, rye)
- Oatmeal (not prepackaged)
- Brown Rice
- Popcorn

- Snack on ready-to-eat whole-grain cereals
- Try brown rice or whole-wheat pasta
- Try whole-grain baked snack chips
- Choose foods that name whole-wheat, whole oats, brown rice, etc. First on the label's ingredient list
- Use whole grains in mixed dishes such as barley in vegetable soups or stews and bulgur wheat in stir-fry or casseroles

Vegetables

- Broccoli
- Spinach
- Carrots
- Red or Green Pepper
- Tomatoes
- Sweet Potatoes

- Buy vegetables that are easy to prepare
- Try crunch veggies, raw or lightly steamed
- Include chopped veggies in pasta sauces
- Shred carrots or zucchini into meatloaf, quick breads, casseroles, or muffins
- Set a good example for children by eating vegetables with meals and as snacks

Fruits

- Peaches
- Bananas
- Grapefruit
- Blueberries
- Cantaloupe

- Buy fresh fruits in season
- Refrigerate cut-up fruit for snacking.
- For dessert, have baked apples or fruit salad
- Vary your fruit choices—fruits differ in nutrient content.
- Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

Milk and Milk Products

- White Milk
- Flavored Milk
- Lactose-Free Milk
- Yogurt
- Cheddar Cheese
- Mozzarella Cheese

- Include milk as a beverage at meals
- Use fat-free or low-fat milk to prepare oatmeal
- Make a dip for fruits or veggies from yogurt
- Make fruit-yogurt smoothies in the blender
- Top casseroles, soups, stews, or vegetables with shredded reduced fat cheese

Tip Time

Seconds, please

People who aim to eat large helpings of low-calorie food such as fruit and vegetables lost 33 percent more weight at six months than those who focused on cutting out fat. Fill up on salads to be slim.

Oil Change

Olive oil is touted for its ticker benefits, but vegetable oil may be even more advantageous for your arteries. The polyunsaturated fats in vegetable oil are less likely to accumulate in the liver and don't stimulate production of LDL ("bad") cholesterol.

Mushroom magic

Scarving white button mushrooms may strengthen your body's defenses against the common cold and even cancer. Slice them into your next stir-fry.

False Hope

Sixty-five percent of diet pill users think they'll shed pounds—and don't know that most of the drugs aren't government-regulated.

Forbidden fruit

Imagining yourself indulging makes you more apt to succumb later. Asking people to think about how many times they expect to yield to a craving increases the chances of their giving in. But knowledge is power: Simply being aware of this effect makes you less likely to cave in.

Smooth move

Women who fill up on magnesium-rich and water-packed foods are less likely to suffer from constipation than those who don't. Dark, leafy greens contain both of the crucial ingredients.

Apple Secret

Red Delicious apple skins may help fight cancer. Research recently identified 12 compounds in the peels that either inhibit or kill liver, colon and breast cancer cells in lab cultures.

Earth's Easiest Exercise

Walking can add years to your life and life to your years. And it couldn't be easier. You don't need to join a health club, wear special equipment or go into training to reap the rewards:

The Conditioner: Walking conditions your heart and lungs and improves your body's ability to use oxygen more efficiently. *Fact:* In one study, women who walked briskly (3-4 mph) at least three hours a week cut their risk of heart attack and stroke by more than half.

The Protector: Walking helps beat other health problems too. It reduces your risk of some forms of cancer and osteoporosis. It fights the battle of the bulge, reducing body fat and building muscle. Walking can even help people with diabetes reduce or eliminate their need for medication.

The Joint-Saver: Walking can burn about as many calories per mile as jogging does. But it delivers less of the jolt, so it's much easier on your joints and muscles.

The De-Stressor: Walking is easy on your mind too, since it lessens stress and lightens depression. Beginning walkers usually report that they feel and sleep better, and that their mental outlook improves.

The Winner: Best of all, walking has the lowest dropout rate of any form of exercise. So you're more likely to stick with it and get all these benefits and more, like better digestion, improved regularity and lower blood pressure.



July is Social Wellness Month

Need a little sprucing up on your social skills? Let's face it—unless you've been to an etiquette school or have you been seriously schooled at home on proper etiquette, everyone could use a few pointers now and then. This is especially true in prominent situations and can make or break a first impression. The concept of social wellness does not end with knowing the correct fork to use or how to set a proper table, though those are good things to know just in case. Social wellness includes public speaking, good manners, sending thank you notes, RSVPing on time and all of the things that show that you can effectively socialize in any and all situations.

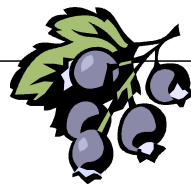
While improving social skills may seem like a waste of time, you never know when you may be called upon to venture into unknown territory where those skills will come in handy. You may find that often though unspoken, good manners can earn you the respect of family, friends, and even strangers. So take some time to remember to remove elbows from tables, use utensils, and write those thank you notes. You never know who may be watching. You know what they say—You only have one chance to make a good first impression!

Simple Solutions for Your Social Wellness

- Speak in public.
- Articulate your thoughts both in public and personal conversations.
- Think before you speak.
- Practice tact when giving suggestions.
- Make others feel important.
- Attend social events and neighborhood cookouts.
- Visit neighbors and friends.
- Call up or email, long lost chums and reconnect.
- Ask questions, and refrain from doing all the talking.
- Send "Thank You" notes for kind deeds done in your favor.
- Learn how to say "no" to avoid taking on too many volunteer activities.

July is National Blueberry Month

July was proclaimed National Blueberry Month by the U.S. Department of Agriculture on May 8th, 1999. Blueberries are grown in 35 states in the US, and the United States produces over 90% of all of the blueberries in the world. According to the New England Journal of Medicine, blueberries help prevent infections in the urinary tract in much the same way that cranberries do. They also prevent macular degeneration according to the USDA.



Did you know that eating blueberries could also be one of the keys to living to a ripe old age? Well, if you take a look at the research, foods that are rich in antioxidants are supposed to help reduce your chance of getting cancer and heart disease, and blueberries are loaded with them. Out of 40 different fruits, juices and vegetables, the blueberry comes in with the highest antioxidant level. Just three and a half ounces of blueberries are equivalent to over 1700 International Units of Vitamin E.

July is also _____ National Awareness Month:

- National Recreation and Parks Month
- Cell Phone Courtesy Month
- Family Reunion Month
- Herbal & Prescription Awareness Month
- National Baked Beans Month
- National Culinary Arts Month
- National Grilling Month
- National Hot Dog Month
- National Make a Difference to Children Month
- National Purposeful Parenting Month
- Women's Motorcycle Month

Teriyaki Pork Chops with Blueberry-Ginger Relish

Ingredients:

4 bone-in center-cut pork chops, trimmed of fat

Marinade

3 tablespoons reduced-sodium soy sauce

2 tablespoons dry sherry

2 cloves garlic, crushed

1 teaspoon brown sugar

1/4 teaspoon crushed red pepper

Blueberry-Ginger Relish

1 cup fresh blueberries, coarsely chopped

1 shallot, chopped

1 Serrano chile, seeded and minced

1 tablespoon chopped fresh cilantro

1 tablespoon lime juice

1 teaspoon minced fresh ginger

1/4 teaspoon salt



Instructions:

1. To marinate: Place pork chops in a large sealable plastic bag. Whisk soy sauce, sherry, garlic, brown sugar and crushed red pepper in a small bowl. Add the marinade to the bag, seal and turn to coat. Marinate in the refrigerator for a least 2 hours or overnight.
2. To prepare relish: About 20 minutes before grilling pork, combine blueberries, shallot, chile, cilantro, lime juice, ginger and salt in a small bowl.
3. Preheat grill to high. Remove the pork chops from the marinade. Grill the chops 3 to 5 minutes per side. Let them rest for 5 minutes before serving with the relish.

Makes 4 servings

Per serving: 229 calories; 8 g fat; 3 g sat fat; 4 g monosat fat; 81 mg cholesterol; 7 g carbohydrate; 30 g protein; 1 g fiber; 273 mg sodium; 440 mg potassium

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Tex-Mex Summer Squash Casserole



Ingredients:

2 1/4 lb. summer squash, quartered lengthwise and thinly sliced crosswise (about 10 cups)

2/3 cup finely chopped yellow onion

1 4-ounce can chopped green chiles

1 4 1/2-ounce can chopped jalapenos,

Drained.

1/2 teaspoon salt

2 1/4 cups grated extra-sharp Cheddar Cheese (7 ounces), divided

1/4 cup all-purpose flour

3/4 cup mild salsa

4 scallions, thinly sliced, for garnish

1/4 cup finely chopped red onion

Instructions:

1. Preheat the oven to 400 degrees F. Coat a 9 x 13 inch baking dish with cooking spray.
2. Combine squash, onion, chiles, jalapenos, salt and 3/4 cup cheese in a large bowl. Sprinkle with flour; toss to coat. Spread the mixture in the baking dish and cover with foil.
3. Bake the casserole until it is bubbling and the squash is tender, about 35 to 40 minutes. Spoon salsa and the remaining cheese over the casserole. Bake, uncovered until golden and heated through, 20 to 30 minutes. Sprinkle the scallions and red onion on top as garnish.

Tips: Cover and refrigerate for up to 2 days. Reheat, covered at 350 for about 40 Minutes.

Makes 12 servings

Per serving: 101 calories; 5 g fat; 4 g sat fat; 15 mg cholesterol; 8 g carbohydrates; 5 g protein; 3 g fiber; 258 mg sodium

Peach & Blueberry Cobbler

Ingredients:

3 tablespoons unsalted butter

3 tablespoons canola oil

1 cup whole-wheat flour

1 1/2 teaspoons baking powder

1/2 teaspoon salt

1 cup reduced-fat milk

1/2 cup sugar

1 teaspoon vanilla extract

3 ripe but firm peaches (about 1 pound), pitted and sliced into eighths, or 3 1/2 cups frozen

2 cups (1 pint) fresh or frozen blueberries

Instructions:

1. Preheat oven to 350 degrees F.
2. Place butter and oil in a 12 inch cast iron skillet or 9 x 13 inch baking pan. Heat in the oven until melted and fragrant, 5 to 7 minutes.
3. Meanwhile, combine flour, baking powder, and salt in a large bowl. Add milk, sugar and vanilla; stir to combine.
4. Add the melted butter mixture to the batter and stir to combine. Pour the batter into the hot pan. Spoon peaches and blueberries evenly over the batter.
5. Return the pan to the oven and bake until the top of the cobbler is browned and the batter around the fruit is completely set, 50 minutes to 1 hour. Remove to a wire rack to cool for at least 15 minutes. Serve warm.



Makes 10 servings

Per serving: 182 calories; 8 g fat; 3 g sat. fat; 3 g monosat. fat; 11 mg cholesterol; 26 g carbohydrate; 3 g protein; 3 g fiber; 212 mg sodium; 140 mg potassium