



Newsletter

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June 2009

Welcome Back

I am pleased to announce that back by popular demand is the CJ & Associates, Inc Families 4 Families Newsletter. You will see an updated look and all the same great healthy information, tips, and recipes monthly.

Since the inception of Families 4 Families two and half years ago, CJ & Associates, Inc. has been committed to providing education for heart disease prevention and promoting a business culture that supports exercise and

healthy-eating habits.

We continue our commitment to the American Heart Association and are proud that we have raised over \$25,000 to date to support their efforts.

I would like to thank all those people involved with making Families 4 Families successful, it is their dedication, support, and passion that make it all possible.

Whatever your motiva-

tion, remember to stay fit, healthy, and active.

Together we will make a difference.

Thank you to our dedicated readers for your feedback and kind words.

We hope you continue to enjoy the newsletter and your comments, suggestions are always welcome and appreciated.

Kim Hastings
President

The American Heart Association's Start! Walk Continues.....

Again in April, CJ started it's journey walking our imaginary line across the country to reach and hopefully exceed our set goal of walking a total of 3368 miles.

Last year we walked a total of 3204 miles from April 14th through October 12th , walking from New Berlin, WI to New Orleans, LA. Each stop

we made, the cities name started with New. When we reached New Orleans we celebrated.

This year is the same game plan. We are walking from New Berlin, WI to Walker ID. Stopping along the way at different cities called Walker.

So far we have walked a total

of 533 miles and have passed our first destination of Walker, IA. We are now on our way to Walker, MN.

CJ will keep you updated as we continue our trek to Walker, Idaho.



Celebrate June with Dairy

June is dairy month, an annual tradition developed to celebrate the dairy industry and its many contributions to our society, originated in 1937.

According to the National Dairy Council, dairy products like milk, cheese, and yogurt contain nine essential nutrients which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers.



Here are those nine essential nutrients.....

- Calcium 30% Daily Value**
- Vitamin D 25% Daily Value**
- Protein 16% Daily Value**
- Potassium 11% Daily Value**
- Vitamin A 10% Daily Value**
- Vitamin B₁₂ 18% Daily Value**
- Riboflavin 24% Daily Value**
- Niacin 10% Daily Value**
- Phosphorus 23% Daily Value**

Bring on the Fruits and Veggies!

June is also National Fruit and Vegetable Month. Of course, you should eat a lot of fruit and vegetables all year round, but if one month can get you going, then it's June.

Head out early on Saturday mornings and stop at your local farmer's market. You can find a lot of great options at different prices. Get to know the vendors, they will help you pick the ripe fruit and the best vegetables.

The federal government has issued new dietary guidelines for Americans to follow in selecting foods that promote good health. Not surprisingly, the fifth edition of the "Dietary Guidelines for Americans" emphasizes a balanced, moderate diet that includes a variety of food choices, particularly grains, fruits and vegetables.

For more information on the Dietary Guidelines for Americans, visit www.usda.gov/cnpp/.



~CJ Cares Program ~ Wellness Initiative~

This year CJ has started the CJ Cares Program to promote good and better health!

Each month we are receiving different information to help and encourage us to start and continue living a healthier life.

This month we encourage you to take 2 minutes out of your day, get up, and stretch. Stretching is a fundamental way to improve your overall health and fitness.



By incorporating a regular flexibility program into your day, you can improve circulation, range of motion, posture, performance, your ability to relax, it will also decrease joint stiffness, and muscle tension.

Just remember to go slow, avoid over stretching, balance your stretching to both sides of your body, and most importantly, don't forget to breath.

National Men's Health Week—June 9-15

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

The greatest risk to men's health comes from heart disease, prostate cancer, testicular cancer, and colon cancer. All of these health conditions are highly treatable with early detection and may be preventable with proper diet, exercise and by quitting smoking.

Studies have shown that men are much less informed about their health needs and are more reluctant to see a physician. They often do not seek treatment until the condition

is advanced. With the life expectancy of men almost 8 years less than that of women it seems men have a ways to go.

To learn and find out more about "National Men's Health Week" visit www.menshealthweek.org



National Headache Awareness Week

During the week of June 1-7 we encourage you to look into your headaches.

This year marks the thirty-ninth anniversary of the National Headache Foundation.

Since that time many things have changed -- advances in technology and medical innovations have made identifying

and treating headache pain much easier. But it seems the more we know, the more we realize we have only begun to scratch the surface of this complex and often times misunderstood biological disease.



Don't let a lack of knowledge fuel your headache pain anxiety.

Educating yourself is the first step in the process, as it strengthens communication with your doctor, a key factor in getting the treatment you need.

To learn more about "National Headache Awareness Week" and headache information, please visit www.headaches.org.

World Blood Donor Day

World Blood Donor Day is June 14, 2009.

Every year, a different country hosts World Blood Donor Day and showcases their unique culture. This year, Australia hosts this celebratory day and the achievement of 100 percent voluntary non-rewarded donation of blood and blood components.

World Blood Donor Day uses the phrase: "It Takes All Types".

It takes all types serves as a reminder that almost anyone can donate blood.

All blood types can be donated (A, AB, B and O). There are three different types of donations that can be made whole blood, plasma and platelets.

Please visit your local Blood Center to donate.

If you do not know where to go to donate blood please go to www.americasblood.org and to learn more about World Blood Donor Day go to www.wbdd.org.



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This Month's Tasty Recipes

Cool Cucumber Dip

It's convenient and stress free for parties, you can make it up to 4 days in advance!

Ingredients:

- Sliced Almonds
- Fat Free Sour Cream
- Cucumber, peeled, seeded, and chopped
- Green Onions, chopped
- Red Wind Vinegar
- Salt & Pepper , to taste

In a medium skillet, dry-roast the 1/4 cup almonds over medium heat for 3-4 minutes.

In a food processor or blender, process the roasted almonds.

Add 3/4 cup sour cream, 1/4 medium cucumber, 2 medium green onions, salt and pepper to taste.

Transfer into a serving bowl, top with a sprinkle of sliced almonds and serve with precut vegetables.



Cheesecake Dainties

Ingredients:

- Cooking spray
- 2 tablespoons crushed low-fat graham cracker
- 1/4 teaspoon ground cinnamon
- 8 wonton wrappers
- 2 ounces low-fat tub cream cheese, softened
- 1/4 cup fat-free sour cream
- 1 tablespoon frozen orange juice concentrate
- 1 1/2 teaspoons firmly packed light brown sugar
- 1/2 teaspoon fresh lemon juice
- 1/2 teaspoon vanilla extract
- 1/4 cup sliced strawberries
- 2 teaspoons honey

Preheat the oven to 400°F. Lightly mini-muffin pan with cooking spray.

In a small bowl, stir together the graham cracker and cinnamon.

Place the wonton wrappers in a single layer on a flat surface, such as a large cutting board or piece of aluminum foil. Lightly spray both sides of the wrappers with cooking spray. Sprinkle with the graham cracker mixture. Place a wrapper in each of the sprayed muffin cups. Press down gently in the middle of each wrapper so it molds to the shape of the cup and the tips point out attractively.



Bake for 6 to 7 minutes, or until golden brown. Transfer the pan to a cooling rack. Let cool for at least 15 minutes before removing the baskets from the pan.

Meanwhile, in a medium bowl, using an electric mixer on medium speed, beat the cream cheese, sour cream, orange juice concentrate, brown sugar, lemon juice, and vanilla for 1 to 2 minutes, or until fluffy, scraping the bowl once halfway through. Spoon about 1 tablespoon mixture into each cooled basket.

In a small bowl, stir together the strawberries and honey. Arrange the strawberries on top of each basket.

Crock-Pot Buffalo Chicken Pasta

Ingredients:

- 1 lb chicken breasts bite size pieces
- 1 (1 1/2 ounce) can cream of chicken soup
- 1/2 cup hot sauce (like for buffalo wings)
- 6 ounces mozzarella cheese, shredded (about 1 1/2 cups)
- 1/2 cup blue cheese, crumbled
- 1 1/2 cups sour cream
- 3 cups penne pasta, uncooked

Season chicken salt and pepper and put it in the crock.

Add the chicken soup and hot sauce and stir.

Cook on low 4-6 hours or high 2-3.

Stir in cheeses and sour cream and turn off the crock pot.

Boil pasta according to package instructions, drain well and add to the chicken/sauce mixture.

Stir well and serve!

