



May 2007

HEART HEALTHY LIVING

Sponsored by CJ & Associates, Inc.

Need tips to be a Smart Shopper? Eat before shopping—you're less likely to buy junk food. Pass up displays at check-out stations—they're impulse buys, not items you need! Invest a few minutes in meal planning and you might be surprised at the benefits: better nutrition and savings in time and money. Know the layout of your grocery store.

Did you know that for every 1 hour of exercise you gain 2 hours of life expectancy?

UPCOMING EVENTS:

CJ Open House/2nd AHA Event **May 16th**

American Heart Association Walk w/CJ Team **Oct. 13th**

Fitness Facts:

- Strenuous exercise isn't the only way to reap health benefits of exercise
- 30 minutes of moderate intensity exercise every day can decrease risk of disease and keep most people fit.
- Exercise does not need to be continuous.
- People who set goals, form a plan, seek support, reward themselves and think positive are better able to maintain activity goals.
- Overcome obstacles by planning ahead = success.
- Being physically active every day is crucial to overall physical and mental health.

As many of you know, CJ & Associates is now a proud supporter of the American Heart Association and we are excited to help promote awareness and provide education for heart disease. After our first successful event in February at Small Stones, we felt it was important to continue our efforts as much as possible. One way will be through our new monthly newsletter—Heart Healthy Living! We will be providing articles on health & fitness, show upcoming events and include heart healthy recipes.

On April 25th, we joined the AHA Start! Walking Program and are on the road to becoming a fit-friendly company! Our 17-person team has a goal to "walk" to Mexico by New Years' and will celebrate with a fiesta when we get there! Our first stop is St. Louis Missouri (367 miles) so we will keep you posted on our progress!



Lastly, we have implemented "Buy Casual Friday". For a \$1 donation, we are able to dress casual and wear predominantly red (like our AHA shirts!) and for a \$2 donation, we can dress casual and only wear the red dress pin or red bracelet. For every dollar employees contribute, CJ will match it—in only two weeks, we have raised \$70! We will be donating this money to the American Heart Association and hope to raise more than \$1000 this year alone!

FRENCH COUNTRY CHICKEN W/MUSHROOM SAUCE

INGREDIENTS:

- 4 boneless, skinless chicken breasts, each 4 ounces
- 2 tablespoons olive oil
- 4 shallots, thinly sliced
- 1/4 pound mushrooms, thinly sliced
- 1 tablespoon all purpose (plain) flour
- 1/4 cup white wine
- 1/2 cup low-sodium chicken stock
- 1 tablespoon fresh rosemary (or 1 tsp dried)

Place the chicken breasts between wax paper and pound with a mallet to flatten. Cut each piece in half lengthwise. Cover with plastic wrap and refrigerate until firm. In a small frying pan, heat 1 tbsp. of the olive oil over medium heat. Add the shallots and sauté for about 3 minutes. Add the mushrooms and cook for 2 minutes more, stirring occasionally.

In a small bowl, whisk together the flour and wine until all the lumps are gone. Add the flour mixture to the shallots and mushrooms. Stir in the chicken stock and cook over medium-high heat. Stir until the sauce thickens, about 5 minutes. Remove from heat and add the rosemary.

In a large, nonstick skillet, heat the remaining 1 tbsp. of olive oil over medium heat. Add the chicken and sauté until no longer pink, about 5 minutes.

To serve, transfer 2 chicken breast halves onto each plate. Spoon mushroom sauce over the chicken and garnish with parsley. Serve over whole-wheat pasta with a steamed broccoli-carrot blend on the side.

Nutritional Analysis (per serving)

Serving Size: 2 chicken breast halves

Calories	239	Cholesterol	66 mg
Protein	28 g	Sodium	98 mg
Carbohydrate	6 g	Fiber	0.5 g
Total Fat	9 g	Potassium	485 mg
Saturated Fat	1 g	Calcium	30 mg
Monounsaturated Fat	5 g		

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Peach Crumble

Ingredients:

- 8 ripe peaches, peeled, pitted and sliced
- Juice from 1 lemon
- 1./3 tsp . ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/2 cup whole-wheat flour
- 1/4 cup packed dk. brown sugar
- 2 tbsp. trans-free margarine, cut into thin slices
- 1/4 cup quick cooking oats



Preheat oven to 375 F. Lightly coat a 9-inch pie pan with cooking spray.

Arrange peach slices in the prepared pie plate. Sprinkle with lemon juice, cinnamon and nutmeg.

In a small bowl, whisk together flour and brown sugar. With your fingers, crumble the margarine into the flour-sugar mixture. Add the oats and stir to mix evenly. Sprinkle the flour mixture on top of the peaches.

Bake until peaches are soft and the topping is browned, about 30 minutes. Cut into 8 even slices and serve warm.

Nutritional Analysis (per serving)

Serving size: 1 slice

Calories	140	Cholesterol	0
Protein	2 g	Sodium	40 mg
Carbohydrates	26g	Fiber	3g
Total Fat	3 g	Potassium	253 mg
Saturated Fat	trace	Calcium	18 mg
Monounsaturated Fat	1 g		