

CJ & Associates, Inc.

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make the most of it



Business Interiors, Since 1984



American Heart Association's Start! Heart Walk Program

It's more than a program. It's a movement. The **Start!** Heart Walk is the American Heart Association's premiere event for raising funds to save lives from this country's No. 1 and No. 3 killers - heart disease and stroke.

But take **HEART!** It's a disease you can help prevent by convincing yourself to take part in American Heart Association **Start!** Heart Walk. As a long time participant, CJ & Associates, Inc. encourages you to take at least 30 minutes out of each day to get up and walk. It's a great way to raise awareness of the **Start!** movement and to give your friends and family a gentle push toward a healthier life.

Your participation will help the American Heart Association raise even more in the fight to save lives.

Walk with friends, family, coworkers or strangers you'll bond with along the way. Any way you choose to do it, your **Heart** will thank you for it!

That's what the **Start!** Movement is all about:

Walk more. Eat better. Live a longer, healthier life.



www.cjassociatesinc.com



Newsletter

May & June 2011 Inside:
Heart Healthy News and Tips
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CJ's Start! Walking Challenge 2011

CJ & Associates, Inc.'s **Start!** Walking challenge kicked off on April 6th 2011. CJ employees will be logging miles each week and participating in challenges along the way to get heart healthy.

Walking, Running, and Biking, all count. We are asking everyone to walk at least 4 miles a week.

So far it is off to a great start; 16 out of 26 employees have signed up and have started walking. Almost a month into the challenge and we have already logged **552** miles!

Stay tuned for the challenges and the results.

The top three walkers at the end will be winning some great prizes. We will be celebrating our accomplished miles by having a CJ Start Challenge potluck luncheon.

Start a challenge within your company, family, or friends. Get moving everyone and let's get Heart Healthy together!

A good exercise for the heart is to bend down and help another person up!

Season's Eatings

Springtime is full of delicious produce that reappears after the harsh winter months. Not only are these fruits and veggies good for your heart, they may also help your wallet.

In-season produce tends to be cheaper (and fresher!) because it is readily available, so make the rounds at your local produce department.

Here's some of what's "in" this season:

Apricots	Mango	Green Beans
Cantaloupe	Honeydew	Butter Lettuce
Pineapple	Broccoli	Asparagus
Strawberries	Squash	Spinach

Aim to eat at least one fruit and/or veggie at each meal. Visit the American Heart Association's [site](#) for meal and recipe tips.

Enhance Your Physical Wellness

Wellness encompasses the active, lifelong process of educating ourselves and making choices that will lead to optimal health and a more successful and balanced existence.

Wellness is about embracing a way of life; an individual lifestyle based on one's abilities in striving for the highest potential for well being.

Wellness encompasses choices about our lives, our work, our families, and our priorities that influence our lifestyles.

Wellness is about forming positive connections with others and fostering positive acceptance of one. Wellness is multidimensional and is based on the premise that our minds, bodies, spirits, and sense of community are all important and interrelated.

Get in shape, shed those extra pounds, and rejuvenate your body with physical activities you enjoy, and don't try to do too much in too little time. Take it slow at first and build up to the correct intensity level to meet your goals.



Knock Out Stress with Healthy Habits

Healthy habits can protect you from the harmful effects of stress. Here are 10 positive healthy habits you may want to develop.

- Talk with family and friends. A daily dose of friendship is great medicine.
- Engage in daily physical activity. Regular physical activity relieves mental and physical tension.
- Accept the things you cannot change. Don't say, "I'm too old." You can still learn new things.
- Remember to laugh. Laughter makes you feel good.
- Give up the bad habits. Too much alcohol, cigarettes or caffeine can increase stress.
- Slow down. Try to "pace" instead of "race."
- Get enough sleep. Try to get six to eight hours of sleep each night.
- Get organized. Use "to do" lists to help you focus on your most important tasks.
- Practice giving back. Helping others helps you.
- Try not to worry. You may need to do these things, but today might not be the right time.

Test Your Heart Health

Think you know what's best for your heart?

Test your Heart I.Q. with one of the

[American Heart Association's](#)

[Healthy Heart Quizzes](#)



Get to know our CJ Peeps



Lynn Eckstein • Account Executive

Family: Married to Jeff Eckstein
CJ Employee: 5.5 Years
Birthday: October 11
Hobbies: Golfing, Gardening, Welding, & Reading
Favorite Book: Too many to choose from!
Favorite Food: Seafood
Favorite Movie: Grease
Favorite Song: Too many to choose from!
Favorite Color: Dark Purple
How do you stay Healthy? Walking



Heather Thompson and Brian Augur, at CJ & Associates, are heading up the Start! Walk program this year, and doing a great job!
Their Challenge this week: walk 1 more mile than you did last week.
If you don't? Pay \$1—to the American Heart Association, of course!



Rich Tevz • Lead Installer

Family: Married to Tammy Tevz
Father of: Shawn and Ashley
CJ Employee: 16 Years
Birthday: September 22
Hobbies: Riding dirt bikes with my entire family.
Favorite Food: Lobster!
Favorite Song: When the Levee Breaks by Led Zeppelin
Favorite Color: Blue
How do you stay Healthy? Try to eat well, and get some exercise — walking our dog helps to get me out there.

This Month's Tasty Recipes

Tuscan Style Grilled Chicken Kabobs

1 teaspoon grated lemon zest
2 tablespoons fresh lemon juice
1 teaspoon dried rosemary, crushed
2 teaspoons olive oil
2 medium garlic cloves, minced
1 teaspoon dried oregano
1/4 teaspoon crushed red pepper flakes
1 pound boneless, skinless chicken breast ,
cut into cubes
16 whole button, ends trimmed
1 medium green bell pepper, cut into pieces
16 cherry tomatoes
Cooking spray
1/2 cup uncooked instant brown rice
1 cup fat-free, low-sodium chicken broth
1/4 cup dry-packed sun-dried tomatoes, cut



In a medium nonmetallic bowl, stir together the lemon zest, lemon juice, rosemary, oil, garlic, oregano, and red pepper flakes. Add the chicken, stirring to coat. Cover and refrigerate for at least 15 minutes. The chicken can marinate for up to 8 hours for even more flavor. Turn several times if marinating for more than 30 minutes.

Soak eight 8-inch wooden skewers for at least 10 minutes in cold water to keep them from charring, or use metal skewers. Preheat the grill on medium high.

Drain the chicken and discard the marinade. Alternately thread the chicken, mushrooms, bell pepper, and tomatoes on the skewers. Lightly spray all sides with cooking spray.

In a medium saucepan, bring the broth and tomatoes to a boil over high heat. Stir in the rice. Reduce the heat and simmer, covered, for about 10 minutes. Remove from the heat and let stand for about 5 minutes. Fluff with a fork.

Meanwhile, grill the kebabs for 2 to 3 minutes on each side (8 to 12 minutes total), or until the chicken is no longer pink in the center and the vegetables are tender. Serve with the rice on the side.

Lime and Ginger Grilled Salmon

1 teaspoon finely grated lime rind
1/4 cup lime juice
2 teaspoons vegetable oil
1 teaspoon minced fresh ginger
1 jalapeno pepper, seeded and finely minced
2 (6 ounce) Salmon Steaks



- Whisk together lime rind, lime juice, oil, ginger and jalapeno.
- Set aside a teaspoon of the mixture.
- Place salmon steaks in a dish just large enough to hold them.
- Pour remaining lime juice mixture over salmon and turn to coat.
- Marinate at room temperature for 15 minutes, turning once (Do not marinate longer than 30 minutes or the salmon will go mushy).
- Preheat grill/broiler to medium high and grease grill/pan.
- Grill/Broil salmon turning once, until cooked through, about 3 to 4 minutes on each side.
- Remove to platter and spoon reserved lime juice mixture over salmon.

Black Bean Dip with Fresh Lime

1/2—15 oz Can No Salt Added Black Beans, rinsed & drained
1/4 Cup Fresh Cilantro
2 TB Red Onion, chopped
2 TB Fresh Lime Juice
1 TB Water
1 TB Light Mayonnaise
1-1/2 tsp Olive Oil
1/4 tsp Salt
1/4 tsp Red Hot-Pepper Sauce
1 TB Water (if needed)



In a food processor or blender, pulsate all of the ingredients except the last tablespoon of water until smooth.

For a thinner consistency, slowly add the extra tablespoon of water until the dip is the desired consistency.

Serve with tortilla chips.

Behind the Families 4 Families Newsletter



Families 4 Families is a wellness movement, created by the employees of CJ & Associates, Inc. whose mission is to raise awareness for heart disease and promote a heart healthy lifestyle.

Families 4 Families was founded in honor of **Judy Rudy**, one of the owners of CJ, who has struggled for many years with various heart-related health issues and in 2006 was given a new lease on life when she had a pacemaker/defibrillator unit implanted. Since the procedure, she has felt better than ever and looks forward to enjoying a long and happy life.

Our goal, in addition to providing education for heart disease prevention, is to provide a business culture that supports exercise and healthy eating habits. We are a proud supporter of the **American Heart Association** and have developed many programs internally to accomplish our goals.

CJ is a family-owned and operated business and believes in and cares a great deal for its internal customers. "We cannot change or deny who we are or what we stand for and CJ stands for family, plain and simple. The health and well-being of our CJ family, both internal and external, is important and we believe through education and the promotion of a heart-healthy lifestyle that we can improve the quality of life for those we care about."

Together, we can make a difference.

To learn more, please talk to any CJ & Associates, Inc. employee.



**"Love Your Heart ...
... Make a Promise"**