

## The Power of Singing in the Shower

The shower, with its cocoon of privacy and super acoustics, can bring out the diva or rock star in all of us.

Besides being good clean fun, singing enhances immunity by increasing antibodies that fight sickness. It is believed that it also boosts your mood.

So sing your heart out and suds up in the benefits of singing in the shower!

## Cholesterol Control

Elevated cholesterol puts you at higher risk for heart disease, but it is a risk you can control. For every 1% you lower your cholesterol, you lower your risk of having a heart attack by 2%. Eating right is the #1 way to reduce the amount of cholesterol in your blood.

Going low fat can help. Reducing the amount of fat in your diet a little bit can lead to a reduction in your cholesterol levels.

Help from fiber! Having about  $\frac{3}{4}$  cup of dry oatmeal or  $\frac{1}{2}$  cup dry oat bran a day, can lower total cholesterol by up to 5%.

Other cholesterol busting foods: oyster mushrooms, a great variety of beans, a glass of red wine 5 days a week, switching to olive oil, or a sprinkle of cinnamon can help reduce your chance of a heart attack.



Elizabeth Banks in a scene from the short film, "Just a Little Heart Attack."

## 'Just a Little Heart Attack'

Inspired by true stories of women whose lives have been forever changed by heart disease, "Just a Little Heart Attack" is part of the American Heart Association's Go Red For Women movement. Directed by Elizabeth Banks, the short film educates women about the realities of heart disease and encourages them to put their health first. View the film at [www.goredforwomen.org](http://www.goredforwomen.org) and share it with five women you love.



## CJ & Associates, Inc. Peeps

### Debra Myers | A&D Consultant

Deb has been employed at CJ & Assoc., Inc for the past 11 years. Deb has recently gotten engaged! The wedding will be part of her "Dream Vacation"!

Being physically fit is one of Deb's passions. She runs, walks, bikes, swims and does strength training. She has competed in a number of triathlons.

The one thing that you would never guess about Deb: she is a brown belt in Tae Kwon Do! Pizza is the thing she can't/won't live without!



### Brian Augur | Delivery and Installation Manager

Brian has worked at CJ & Assoc., Inc since 1993. Brian worked his way up from Harley Davidson's on-site installer to D&I Manager at CJ's Headquarters.

On September 17th, Brian competes in the "Warrior Dash", which is a 5K run through obstacles including mud pits and walls of fire! [www.warriordash.com](http://www.warriordash.com) Brian does a lot to stay in shape. He runs, bikes, lifts weights, plays two softball leagues during the summer and bowls during the winter.

Brian's secret talent? He is able to guess the amount of any dinner bill within a few dollars.

*{editor's note: Brian is currently accepting dinner invitations if you'd like to see this secret talent in person. } :-)*





### Antioxidants for Defense

Now that the seasons are changing and the flu season is approaching, here is a list of foods that have the best sources for antioxidants. The quantities listed are the amounts needed to get the benefits. A little goes a long way.

- |                                |                           |
|--------------------------------|---------------------------|
| 1/2 cup Cooked Broccoli        | 4 Cooked Brussels Sprouts |
| 1/2 cup Baked Butternut Squash | 1 Baked Sweet Potato      |
| 1/4 Cantaloupe                 | 1 Kiwi                    |
| 1 Orange                       | 1/2 Papaya                |
| 1/2 cup Strawberries           | 1/2 cup Cubed Watermelon  |

### Update! CJ's start! Walk Challenge

As of 9/2/2011, we have walked 2,410.5 miles!!



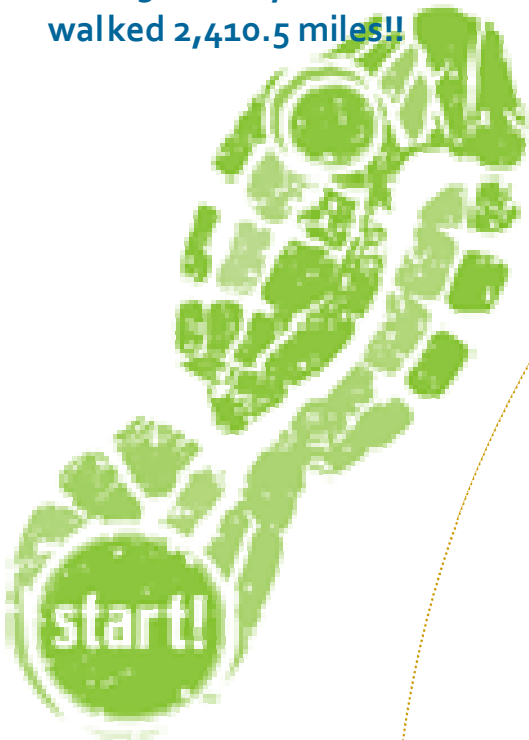
Kim Hastings [L] with her mom, Judy Rudy.

If you would like to help Kim and CJ & Associates, Inc. support the American Heart Association, go to Kim's web-page: [http://heartwalk.kintera.org/milwaukee/kims\\_team](http://heartwalk.kintera.org/milwaukee/kims_team)  
Thanks for your support!

*“Create Hope...Inspire Change...Celebrate Success”*

Join us on October 16th at the Summerfest Grounds for the American Heart Association's Heart Walk! See you there!

[www.cjassociatesinc.com](http://www.cjassociatesinc.com)



## This Month's Heart Healthy Recipes



### Quick Skillet Pasta

- 4 ounces uncooked whole-grain penne or rotini pasta
- 2 tablespoons oil, divided
- 1 cup diced onion
- 1 cup diced green bell pepper
- 1 small zucchini, thinly sliced
- 1 garlic clove, minced
- 1/4 cup chopped fresh or 1 TB dried basil
- 1 (15.5-ounce) can navy beans
- 2 cups bottled light pasta sauce
- 2 ounces shredded part-skim mozzarella cheese
- 2 tablespoons grated Parmesan cheese

Cook pasta according to package directions, omitting salt and fat.

Meanwhile, heat 1 TB oil in a large non-stick skillet over medium-high heat. Add onion and bell pepper, and cook 5 minutes or until edges begin to brown; add zucchini and garlic, and cook 3 minutes or until tender, stirring frequently. Remove from heat, and stir in basil and remaining 1 tablespoon oil. Cover to keep warm.

Place beans in a colander. Drain pasta over the beans, rinsing them with the hot cooking liquid; shake off excess liquid. Add beans and pasta to the vegetable mixture in skillet, and toss gently. Gently stir in pasta sauce.

Cover and cook on medium-low 10 minutes. Top with mozzarella and Parmesan, cover and cook 2 more minutes or until cheese is melted.



### Lemon-Sauced Chicken with Asparagus

- 1 lb boneless, skinless chicken breasts
- 1/2 cup chicken broth
- 1 tsp finely shredded lemon peel
- 2 Tb lemon juice
- 1 Tb light soy sauce
- 1 Tb cornstarch
- 1 tsp sugar
- 1/4 tsp black pepper
- 2 tsp canola or corn oil
- 10-oz package frozen cut asparagus, thawed
- 1 small red bell pepper, cut into bite-size pieces

Cut chicken into bite-size pieces. In a small bowl, stir together broth, lemon peel, lemon juice, soy sauce, cornstarch, sugar, and black pepper. Set aside.

Preheat a wok or large skillet over high heat. Add 1 teaspoon of the oil. Stir-fry asparagus and bell pepper in the hot oil for 1 minute. Remove vegetables from wok or skillet.

Add remaining oil and chicken.

Stir-fry 3 minutes, or until chicken is tender and no longer pink in center.

Stir lemon mixture; add to center of wok or skillet. Cook and stir until thickened and bubbly, about 3 minutes.

Cook 1 minute more, stirring constantly.

Return vegetables to wok or skillet.

Stir until coated with sauce.

