



Sept .6th vs. Marshall
 Sept. 13th at Fresno State
 Sept 20th Bye Week
 Sept. 27th at Michigan



Sept. 8th vs. Minnesota @ 6 p.m.
 Sept. 14th at Detroit Lions @ 12 noon
 Sept. 21st vs. Dallas Cowboys @ 7:15p.m.
 Sept. 28th at Tampa Bay Bucs @ 12 noon



HEART HEALTHY LIVING

Sponsored by CJ & Associates, Inc.

September 2008



Heart Walk Hall of Fame

- Scott Hanson
- Lisa Jones
- Joanne & Mike Riordan
- Reg & Jayne Smith
- Bruce Aschenbren
- Stephanie Smith
- James Lau
- Tasha Vogel
- Elise & Steve Schmidt
- Vicky Merline
- Virginia Pothier
- Jennifer Schmidt
- Chandra Scherer
- Joyce Anderson
- Ken Myers
- Renee Prange
- Rachel Smith & Richard Prange
- Larry Fehrm
- Lisa Turner
- Sandra Hauser
- Laurie Hofman
- Susan Prange
- Ann Tinnin
- Bonnie Schettler
- Cindy Lussier
- Tiffany Lussier
- Raymond Koester
- Alicia Piotrowski
- Mary Kelley
- Marty Wingrove
- Robert Berger
- Guy Seemann
- Bill and Connie Seemann
- Steven Sickler
- Tim Kerrigan
- Lisa Rudy
- Rick Bessick
- Rindy Patton
- Tim Koenigs
- Barry Bielawski
- Dale Brown
- CJ & Associates



UPDATE

The CJ Start! Walking Team has walked 2400.50 miles and is "walking through" New Harmony, Florida on our way to our third stop of New Hope, Alabama! We're only 600 miles from our final destination!!

Families 4 Families Update

When Families 4 Families was rolled out 18 months ago, I had no idea what to expect. What has transpired since then has been overwhelming and has touched me beyond words. The response, commitment, and camaraderie that have developed are something CJ & Associates, Inc. is very proud of. I am personally very honored to be part of a company that has so many passionate, dedicated people. I feel that we have reached a new level of maturity, which is evidenced by the pride exhibited in supporting such a great cause.

As an organization in the last 18 months, we have accomplished so much. We have raised over \$16,000 for the American Heart Association, participated in two Start walk programs, walked over 4,694 miles on our way to a healthier life-style, enjoyed two GO RED FOR WOMEN celebrations, and participated in a Choose to Move Program. The exciting part is we are only getting started.

Families 4 Families was founded in honor of Judy, who continues to be my inspiration and though her health is improving, she still deals with the residual affects of heart disease. It is very difficult for me to watch her struggle, but it does confirm that helping to raise awareness is what needs to be done. I am very proud of her and the resolve she shows is what makes her so special. For her, I have made a life long commitment to work hard to raise money for the disease and to promote heart healthy living in both our personal and professional lives and I will not let her down.

On Sunday October 19th, thousands of Milwaukee-area citizens will take to the streets around the Milwaukee Lakefront for the 2008 Start! Heart Walk event and celebration. Many walkers will honor loved ones stricken with or lost to heart disease or stroke.

The Walk is a chance for us to celebrate our accomplishments and our blessings and be thankful for the resources they provide to us and to those we care about. Heart disease touches all of us, whether it is you, a parent, grandparent, child, sibling, or friend.

Without the hard work and dedication of the Heart Association, research, development, and advancement in treatments would not be possible and many more people would continue to lose their lives to heart disease. Cardiovascular diseases are America's No. 1 killer and leading cause of disability. This is why we need to do what we can to raise money so that they can continue to do their work. **Together we can make a difference.**

If you would like to make a donation to support our efforts, please visit our web-site at <http://www.heartwalk.kintera.org/milwaukeeewi/kimsteam>

Wishing you all the very best in heart health!

Kim Hastings



Facts to Know “By Heart”

In America....

- Cardiovascular disease, including stroke, is the number one killer. It affects one out of every three adults. It kills one American every 37 seconds or over 869,000 Americans a year.
- The total direct and indirect cost of cardiovascular disease in the U.S. is \$448.5 billion.
- If all cardiovascular diseases were eliminated, life expectancy would rise seven years.

In Wisconsin....

- In the seven counties of Southeastern Wisconsin, 57% of the population was overweight or obese, and Milwaukee was recently ranked as the 17th fattest city in America by Forbes Magazine. Obesity is a major factor of heart disease.
- Cardiovascular disease causes 33.7 percent of all deaths in Southeastern Wisconsin.

Reduce your risk—you'll gain about two hours of life for each 1 hour of exercise!!

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Protein Primer

Confused about Protein? While there has been a lot of hype surrounding protein and weight loss/bodybuilding, protein is vital to muscle building, immunity and health overall. And whether you're a bodybuilder or a pregnant woman, it's likely an aspect of nutrition you've had a few questions about.

What is protein?

Protein is an organic compound composed of four basic atoms: carbon, hydrogen, oxygen and nitrogen.

What is it used for?

We use proteins to build all kinds of structures in the body, from muscles and organs to hair and nails. We also use its raw materials to construct other body proteins, such as neurotransmitters and enzymes. Simply put, without protein, you would die.

Where do we get protein?

We get protein primarily from foods that could be hunted or fished. We also get it from the byproducts of these living creatures, such as milk and cheese. There's also vegetable protein, such as rice, hemp and soy.

What is the difference between essential and non-essential amino acids?

Protein is made up of compounds called amino acids, also known as the “building blocks of protein.” There are 20 different amino acids. They come in two types, essential and nonessential. The essential ones are the ones that can't be made by the body and must be obtained from the diet; the nonessential ones can be manufactured internally.

How much do I need?

The conventional wisdom of government and the American Dietetic Association has been 0.8 gram

per kilogram (2.2 pounds) of body weight for a “normal” adult (which translates to a little less than 0.4 gm per pound), but many nutritionists think that figure is way too general and much too low. It may be enough to prevent protein malnutrition, but it's not necessarily enough for maximum well-being. And most nutritionists concede that the 0.8 gm figure is definitely too low for athletes. Endurance athletes are believed to need between 1.2 and 1.4 gm per kilogram of body weight; strength athletes may need a bit more. You can also determine your protein requirements as a percentage of calories. Although the standard recommendation has been about 12% to 15%, people will do quite well on 15% to 40%, the higher percentages being best for pregnant women and athletes. For a 1,500-calories-a-day diet, these percentages translate to 56 to 150 grams of protein a day.

Is protein from food better?

Not necessarily. Get it from both. Protein powders first became popular with the gym crowd because bodybuilders wanted a high-quality source of protein without the fat and calories that usually come in food. But protein powders are now used by many people for all sorts of reasons: some want to avoid meat, some want the health benefits of soy or the immune-boosting powers of whey, and some are just trying to control calories. Powders are convenient for shakes or for between-meal snacks on the go.



Tip Time

A healthy heart is within everyone's reach—here are ways to boost heart health:

♥ **The Basics.** Eat less fat, eat more fruits and vegetables and keep blood pressure and blood cholesterol levels in check.

♥ **Don't skip breakfast.** Most heart attacks occur between 7 a.m. and noon—possibly because the cells that help blood to clot, called platelets, are stickiest then. Eating breakfast appears to make platelets less sticky and less likely to clump together and block a vital artery.

♥ **Lighten up.** People who overreact to stressful situations are more likely to have heart trouble. In one study, people whose blood pressure and heart rate jumped the most during frustrating tests were also the ones most likely to have reduced blood flow to the heart.

♥ **Meet the “A's”.** You may have heard about the antioxidants—vitamins A, C and E, and beta-carotene—that appear to slow plaque formation in the arteries.

♥ **Kick tobacco if you're using it.** Smoking affects more than your lungs. Fact is, within a few years of quitting, you'll cut your risk of heart attack by at least half, similar to those who never smoked.

♥ **Get off the couch.** Sedentary living—not high cholesterol—is one of the greatest risk factors in heart attack deaths. Just a half hour of moderate physical activity most days of the week can deliver fitness benefits similar to traditional exercise routines. So walk briskly. Take the stairs. Play actively with the kids. Live longer!

Go and Eat Fish

A study reported in the Archives of Neurology suggests that eating fish at least once a week can keep your memory sharp. Fish is a rich source of omega-3 fatty acids essential for brain functioning and memory performance. Combined with other research, this study supports the possibility that regular fish eaters have a lower risk of



dementia and stroke—and offers another reason for adding fish to your diet.

Maintain don't gain

After a tough hour at the gym, do you grab fresh fruit, feel too great to eat or reward yourself with a huge dinner? If you answered the latter, you're not alone. Women ate about 120 more calories following intense exercise than after a lighter workout that burned that same calories, a study from the University of Ottawa reveals. Avoid undoing your workout efforts by stowing a healthy snack in your gym bag. Mix 1/4 cup of dried cranberries with 2 tablespoons of unshelled sunflower seeds in a Ziploc baggie. The protein-and-carb mix will satisfy your hunger, and cranberries contain antioxidants that help quell post workout inflammation.

Pretty Green

Looking good and being good to the environment can go hand in hand, if you make a few simple changes like these: Choose organic cotton squares and swabs, since cotton is one of the most heavily sprayed crops, making up 25% of the world's insecticide use and 10 percent of its pesticide use. You should also make a point of bypassing your blow-dryer and air-drying your hair at least one day a week. Besides being gentler on your hair,



September is National Ovarian Cancer Awareness Month

Ovarian cancer is a disease in which normal ovarian cells begin to grow in an uncontrolled, abnormal manner and produce tumors in one or both ovaries. According to the American Cancer Society, ovarian cancer ranks fifth in cancer deaths among women. It's estimated that about 20,000 women in the U.S. will develop ovarian cancer this year. Only about 20% of ovarian cancers are able to be detected before they have spread to other organs.

New evidence has shown that most women may have signs or symptoms even in the early stages of the disease. Being aware of them may lead to earlier detection. Symptoms mimic those of many other more common conditions, including digestive and bladder disorders.

- Abdominal pressure, fullness, swelling or bloating
- Urinary urgency.
- Pelvic discomfort and pain.
- Persistent indigestion, gas or nausea
- Unexplained changes in bowel habits, both constipation and diarrhea.

Doctors can usually diagnose ovarian cancer within three months of women first noticing symptoms. See your doctor if you have persistent swelling, bloating, pressure or pain in your abdomen or pelvis. If you have a history of ovarian cancer in your family, strongly consider seeing a doctor trained to detect and care for ovarian cancer patients. Your doctor may recommend one or more of the following tests:

- Pelvic examination.
- Ultrasound
- CA 125 blood test.
- CT and MRI.



Several factors appear to reduce the risk of ovarian cancer. They include oral contraception, pregnancy and breast-feeding and tubal ligation or hysterectomy. Women who are at very high risk or developing ovarian cancer may elect to have their ovaries removed as a preventative measure.

Eating well, managing stress and exercising are ways to promote your overall health and cope with any form of cancer.

September is National Prostate Cancer Month

Did you know that one out of every six American men will get prostate cancer during his lifetime? In fact prostate cancer is the second leading cause of cancer death in U.S. men.

What can you do? First of all, know the risks. Your risks of developing prostate cancer are greater as you get older, if you have a family history of prostate cancer, or if you are African American. Another risk factor is diet. Eating a lot of red meat or high-fat dairy products helps to increase risks of getting prostate cancer, while eating grains, beans, and vegetables helps prevent it. Also, exercise may reduce men's risk for prostate cancer by 10 to 30 percent.

Prostate cancer can be successfully treated if detected early. The American Cancer Society recommends all men get tested for prostate cancer annually, starting at age 50, or earlier if you have high risk factors. Knowing your risk factors, getting tested regularly when needed and living well will help us reduce our unacceptable mortality from this disease and to help prevent unnecessary prostate cancer!

September is also _____ National Awareness Month:

- Baby Safety Month
- National Preparedness Month
- National Alcohol & Drug Addiction Month
- Menopause Awareness Month
- Mold Awareness Month
- National Chicken Month
- National Sickle Cell Month
- Pediatric Cancer Month
- National Leukemia Awareness Month
- National Cholesterol Education Month
- National Sewing Month
- National Childhood Injury Prevention Month
- World Animal Remembrance Month
- National Potato Month

Roasted Cod, Tomatoes, Orange & Onions

Ingredients:

- 1 pound ripe but firm small round or plum Tomatoes, cut into 1/2 inch thick wedges
- 2 medium yellow onions, cut in to 1/4 inch thick wedges
- 1 tablespoon finely livered orange zest
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped fresh thyme leaves, plus sprigs for garnish
- 1/2 teaspoon kosher salt, divided
- Freshly ground pepper to taste
- 1 lb. boneless, skinless cod, cut into 4 portions



Makes 4 servings

Instructions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Combine tomatoes, onions, orange zest, oil and chopped thyme in a 3 quart glass or ceramic baking dish. Sprinkle with 1/4 teaspoon salt and pepper; stir to combine.
3. Roast, stirring occasionally, until the onions are golden and brown on the edges, about 45 minutes. Remove from the oven. Increase oven temperature to 450 degrees F.
4. Push the vegetables aside, add fish and season with the remaining 1/4 teaspoon salt and pepper; spoon the vegetables over the fish.
5. Return the baking dish to the oven and bake until the fish is opaque in the center, about 10 to 12 minutes. To serve, divide the fish and vegetables among 4 plates and garnish with the thyme sprigs.

Tip: using a vegetable peeler, remove 3 or 4 pieces of zest from a large orange. Stack the pieces on top of each other and slice into 1/8 inch wide strips.

Nutrition Information Per Serving: 160 calories; 5 g fat; 1 g sat fat; 3 g monosat fat; 43 g cholesterol; 11 g carbohydrates; 20 g protein; 2 g fiber; 308 mg sodium; 2110 mg potassium.

www.cjassociatesinc.com

www.americanheart.org

Sumptuous Strawberries in Spiced Phyllo



Ingredients:

- 3 cups strawberries, sliced
- 1/4 cup honey
- 2 tsp lemon juice
- 3/4 tsp ground cinnamon
- 4 tbsps confectioner's sugar
- 4 sheets phyllo dough
- 1/4 cup fat free milk
- 1/4 cup finely chopped almonds

Instructions:

1. In a bowl, combine the strawberries, honey, lemon juice, and half of the cinnamon. Fold gently with a spatula. Combine the remaining cinnamon in a small bowl with the sugar.
2. Preheat the oven to 350 degree F. Spray 2 3/4" wide nonstick muffin tins or 6 individual nonstick molds with cooking spray. On a clean flat surface, lay out 1 sheet of the phyllo. Using a pastry brush, brush the sheet with the milk, and sprinkle it with half of the cinnamon sugar mixture. Lay the second sheet over the first, and sprinkle it with the almonds. Lay the third sheet on top, brush it with the remaining milk, and sprinkle it with the remaining cinnamon sugar mixture. Lay the fourth sheet on top. Cut lengthwise in half, then crosswise to make six individual sections.
3. Using a 6 " round plate or cup, cut 6 disks from the phyllo stack, and mold each disk to fit a cup of the muffin pan or molds. Bake for 10 minutes, or until the shells are crisp and golden brown on the sides and bottoms. Remove from the oven, and allow them to cool completely in the pan.
4. Remove the phyllo cups and fill each one with 1/2 cup of the berries.

Nutritional Info Per Serving (serves 6): 158 calories, 3.5 g fat; .5 g sat fat; .1 mg cholesterol; 68.2 mg sodium; 31.5 g carbohydrates; 21 g sugar; 2.6 g fiber; 2.9 g protein

Five-Spice Turkey & Lettuce Wraps

Ingredients:

- 1/2 cup water
- 1/2 cup instant brown rice
- 2 teaspoons sesame oil
- 1 pound 93% lean ground turkey
- 1 tablespoon minced fresh ginger
- 1 large red bell pepper, finely diced
- 1 8-oz. can water chestnuts, rinsed and chopped
- 1/2 cup reduced-sodium chicken broth
- 2 tablespoons hoisin sauce
- 1 teaspoon five-spice powder
- 1/2 teaspoon salt
- 2 heads Boston lettuce, leaves separated
- 1/2 cup chopped fresh herbs, such as cilantro, basil, mint, and/or chives
- 1 large carrot, shredded



Makes 4 servings, 1 1/4 cups filling each

Instructions:

1. Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat.
2. Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wood spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.
3. To serve, spoon portions of the turkey mixture into lettuce leaves, top with herbs and carrot and roll into wraps. Serve immediately.

Nutrition Info per serving: 285 calories; 11 g fat; 3 g sat fat; 1 g monosat fat; 66 mg cholesterol; 24 g carbohydrate; 26 g protein; 5 g fiber; 543 mg sodium; 390 mg potassium. Nutrition bonus: Vitamin A (150% daily value), Vitamin C (140% daily value), Iron (25% dv);