

Welcome to the first ever issue of Saldare Healthy Living's Newsletter. We have sent this to all our friends and we ask them to send it to their friends. If you would like to receive future (monthly) newsletters, please [subscribe](#).

Saldare Healthy Living is a new health and wellness company owned by Rachel Olsen, BSc Kin, and Shelley Gold. Our motto is "Teaching the Fine Art of Healthy Living" and our goal is to help our clients achieve the best health they can through education and motivation. We plan to do mobile seminars to groups and one-on-one personal training. For more information on Saldare, please visit our web site at www.saldare.ca

Motivational Tip of the Month

Almost 40% of adults make New Year's Resolutions, often including some about getting healthier (losing weight, quitting smoking, etc.) and almost every year, all bets are off before the end of January. Here are five tips to help you stick with your goals:

1. Use your imagination: If all you see is a goal – not linked to the dream behind it, the goal soon looks like a to-do list that's easily abandoned. Ask yourself: What is important to me about this goal?
2. Break it down: Resolutions are often forgotten when we feel the goal is too big. Staying focused is as easy as setting tiny goals and celebrating their achievement.
3. Keep records: Writing down goals is a powerful way to achieve them. Make note of milestones and schedule time to review your plan.
4. Acknowledge failures: We all fail. How we interpret failure is the key. Looking at mistakes as learning opportunities helps us reach our goals.
5. Choose a coach: Sharing your goals makes them easier to reach, especially if you choose someone as excited about reaching your goal as you are.

Exercise Tip of the Month

There are three main components of exercise that should be incorporated into a routine. Each component is important in increasing and maintaining overall health and fitness. These include:

- 1) **Cardiovascular exercise:** Cardiovascular endurance training involves the ability to perform movements using large muscle groups over a sustained period of time and the ability of the heart and lungs to deliver oxygen to working muscles.
 - Should be performed 20 – 60 minutes, 3 – 5 days a week.
- 2) **Resistance Training:** Resistance training consists of working the muscles against a resistance or weight to build strength muscle mass and endurance.
 - Each muscle group should be trained 2 – 3 times a week.
- 3) **Flexibility training:** Flexibility training increases the range of motion around a joint.
 - Should be performed after each workout and each stretch should be held for at least 10 – 30 seconds.

References

Bryant, C.X. & Green, D.J. (Eds.). (2003). *ACE personal trainer manual: The ultimate resource for fitness professionals (3rd ed.)*. San Diego: American Council on Exercise.

Nutrient of the Month

Vitamin C, a water-soluble vitamin, is important in forming collagen, a protein that gives structure to bones, cartilage, muscle, and blood vessels. Vitamin C also helps maintain capillaries, bones, and teeth and aids in the absorption of iron. Vitamin C is an antioxidant, which means that it quenches free radicals that can damage organs, tissues, and cells. Free radicals are believed to be one of the causes of the degenerative changes seen with aging. The best sources of Vitamin C are fruits and vegetables, especially citrus fruits and tomatoes. Vitamin C can be lost from foods during preparation, cooking, or storage, so choose the freshest produce available and serve fruits and vegetables raw whenever possible. Vitamin C should be consumed every day, since it is not a fat-soluble vitamin and cannot be stored for later use.

Recipe of the Month

Zucchini Boats

2-3 large zucchini, halved and cored
1 lb ground meat (turkey or beef)
2-3 cloves minced garlic
2 Tbsp fresh basil and/or oregano or 2 tsp dried
¾ cup grated havarti (regular, with jalapenos or tomato & basil)
¾ cup crumbled feta cheese
salt & pepper to taste

Preheat oven to 400°F. Place zucchini on cookie sheet. Combine other ingredients. Stuff zucchini. Bake 20 – 30 minutes or until meat is cooked and zucchini is tender. Serve with rice.

Options:

- Use only one of the cheeses.
- Replace zucchini with another squash.
- Put cheese alone on the zucchini and bake.

Recommended Sites

- 1) www.hc-sc.gc.ca - Health Canada
This site provides information on healthy living, health care, diseases and conditions.
- 2) www.acsm.org - American College of Sports Medicine
This site provides general and sports training information, as well as a listing of health and fitness events and meetings offered through the ACSM.

Recommended Reading

[Eat Right for Your Blood Type](#) by Dr. Peter D'Adamo

Dr. D'Adamo is a second-generation naturopathic doctor and has been practicing naturopathic medicine for over 20 years. The premise of his books is that we are all individuals and what we eat can affect each of us differently. The science behind his work is fascinating. I have loosely followed his guidelines for nine months. I experienced an almost immediate loss of 20 lbs, which I have not yet "found". (Shelley Gold) [The Eat Right for Your Blood Type](#) series of books are New York Times best sellers and are available through [Chapters](#). You may also visit [Dr. D'Adamo's web site](#).