



Happy New Year, GoodNEWS member!

Get Your New Year Started with GoodNEWS!

Have a Quality Healthy 2010!



2010 is here, ready or not, and many of us are looking to make some changes, and do some things different. I overheard a woman talking on the phone to a family member, that perhaps had not been doing their very best in 2009. She told the family member that the behavior that they had been exhibiting was not going to be acceptable in 2010. She said, "It's 2010, time for some changes, that won't work anymore."

I could not help but do a quick evaluation of myself, and said I have to make some changes if I want 2010 to be better than 2009. Life is going to bring some unexpected challenges anyway, but what can I do with the rest of the year that I have control of?

Most of us know that the Thanksgiving, Christmas and New Year holiday celebra-

tions have left us with some great memories, and some extra pounds we would like to forget. We feel like we have undone our plans to be healthy in 2009 in a matter of 3 weeks! Fret not, we can get back on track, review our goals, and continue on the road to health.

There is no magic to good health — just realizing when we have gotten off track, re-adjusting, and refocusing. Being dedicated to achieving and maintaining good health is the key. We need to always keep in mind that without our health, the QUALITY of our lives is not there.

So, here are a few things we can do to get and stay on track regarding our health:

* **Drink lots of water** — this will remove toxins from your body, keeping your organs fit.

* **Balance your food items**- this will put off excessive weight gain. Fatty foods can direct to all sorts of problems, putting excessive pressure on your heart & other organs. Eat ample of fruit & vegetables — no less than five portions a day— because they are a source of anti-oxidants that can get rid of free radicals that

destroy cells & increase the age of your body. Replace eating processed sugar foods with fresh fruit.

* **Get enough sleep**- Sleeping helps your body & mind to rest and regenerates lost energy and repair the body's cells.

* **Do not smoke**- Smoking can speed up the aging process. Smoking can lead to lung cancer, and puts you at risk for other diseases such as heart disease and stroke.

* **Be more active**– physical activity and exercise helps to decrease weight, and strengthen bones and muscles..

* **Check your grocery basket**– Is your grocery basket loaded with foods that set you up for failure, such as sodas, chips, sugary food items, fatty foods, etc.? If you buy them, you feel obligated to eat them.

You can put these tips under the heading of 2009, 2010, 2011... and still not have made the changes you need to make towards health. Lets take action and truly make 2010 a year of QUALITY by practicing a healthy lifestyle. Healthy eating is not a diet but a lifestyle.

By– Ms. JR Newton, R.N.

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SAVE THE DATES!

The re-measurement event for all GoodNEWS Wellness Club Members will be:

Saturdays
April 10
April 24 and May 15,
2010 each of these dates from
7 a.m.— 2 p.m.

Wednesday
April 21, 2010
from
7 a.m.—11a.m.

Location:
Friendship West Baptist Church
2020 W. Wheatland Rd.
Dallas, TX 75232





GoodNEWS

UT Southwestern Medical Center

5323 Harry Hines Blvd.

Dallas, TX 75390-9066



The GoodNEWS Goodie Trivia Question of the Month!

Go to the GoodNEWS Website (www.goodnews-trueliving.com) and answer the question below correctly, and you could win a prize! Winner will be selected from the correct answers submitted, and will be announced in the next GoodNEWS Flash.

This month's question: Fresh and canned tomatoes contain lycopene, a powerful anti-oxidant. Which of these is *not* the role of an anti-oxidant?
A. Slow down the body's aging process B. Increase sinus inflammation C. Helps the heart to be healthier D. Helps the body to fight off diseases

Last November's question: According to the American Diabetes Association, the signs and symptoms of high blood sugar are:

A. Frequent urination B. Increased thirst C. Very dry mouth D. Breath that smells like fruit E. All of these (correct answer)

Our Goodie Prize winner– Althea Smith of Changing Directions Christian Center! Congratulations, Althea!

Healthy Recipe!



Eating Well Fish Sticks

Source:

www.eatingwell.com

Ingredients:

- Canola oil cooking spray
- 1 cup whole-wheat dry breadcrumbs, (see Shopping Tip) or 1/2 cup plain dry breadcrumbs
- 1 cup whole-grain cereal flakes
- 1 teaspoon lemon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/2 cup all-purpose flour
- 2 large egg whites, beaten
- 1 pound tilapia fillets, cut into 1/2-by-3-inch strips

Shopping Tip:

We like the Ian's brand of whole-wheat dry breadcrumbs, labeled "Panko breadcrumbs," for their coarse and crunchy texture. Find them in the natural-foods section of large supermarkets or substitute plain dry breadcrumbs (they're finer so you need less).

Preparation:

1. Preheat oven to 450°F. Set a wire rack on a baking sheet; coat with cooking spray.
2. Place breadcrumbs, cereal flakes, lemon pepper, garlic powder, paprika and salt in a food processor or blender and process until finely ground. Transfer to a shallow dish.
3. Place flour in a second shallow dish and egg whites in a third shallow dish. Dredge each strip of fish in the flour, dip it in the egg and then coat all sides with the breadcrumb mixture. Place on the prepared rack. Coat both sides of the breaded fish with cooking spray.
4. Bake until the fish is cooked through and the breading is golden brown and crisp, about 10 minutes.

Nutrition Per Serving:

274 calories; 3 g fat (1 g sat, 1 g mono); 57 mg cholesterol; 33 g carbohydrates; 29 g protein; 3 g fiber; 479 mg sodium; 464 mg potassium.

