

3 Steps to Get Fit, Shape Up, and Live Longer

Want to get in on an amazing investment opportunity? Not up for another scheme? No worries!



The investment: *30 minutes of exercise a day.* The return? An extra 2.8 high-quality years. Fit people in their 50s are twice as likely as their unfit classmates to celebrate their 85th birthday. Even better, fit doesn't require climbing Mount Everest or doing triathlons. All you need is half an hour of physical activity a day, plus some strength training. If you've been sitting on the sidelines, adopt this three-part plan as your stay-young investment account:

Step 1: *Walk for 30 minutes every day.* Make a daily, brisk half-hour walk your first fitness goal. Get a buddy and you'll get younger two ways -- companionship and exercise. Or walk three times a day for 10 minutes. Aim for consistency.

Step 2: *Sweat.* After 30 days of daily walking, step things up. Add something sweaty 1 hour a week: Take an exercise class, bike, hike up hills, or go to the gym. A great predictor of how long and well you're going to live is how well you can exercise your heart and how fast it recovers from a maximum interval.

Step 3: *Build strength.* Find an extra 30 minutes a week -- in one session or not -- to build muscle by lifting weights.

Benefit: A physical activity program that builds stamina, strength, and flexibility can make your real age as much as 2.8 years younger. Take the RealAge Test! Go to www.realage.com.



Baked Egg Cups

This makes an easy weekend brunch or quick breakfast.

Ingredients:

- 6 slices of deli ham
- 6 raw eggs
- ½ cup shredded cheddar cheese
- 1 tbsp chopped chives
- salt, pepper, cooking spray

Directions:

Preheat oven to 350°. Spray 6 cups of a muffin tin with cooking spray. Arrange ham slices so they line the muffin cup completely, edges will stick up above the cup. Bake for 5 minutes. Remove from oven and break an egg into each cup, gently breaking yolk. Sprinkle with salt and pepper. Return to oven



for 13-15 minutes. Check eggs, if they are done to your liking remove and sprinkle with cheese and chives. If not, continue cooking, checking every minute or so. Serve immediately. Makes 6 servings.

Veg it Up! Add some onions, peppers or broccoli for an extra flavorful and nutritional breakfast.

Source: www.sparkpeople.com

The 80/20 Rule for Eating

The two registered dietitians that we have partnered with over the years, Kristin Klinefelter and Kelly Zellmann, are strong believers in having all foods in moderation. They don't believe in depravation diets because they are temporary and it is too easy to gain the weight back. They believe in developing a healthy lifestyle where you eat healthy most of the time, but there is room for your favorite guilty pleasures.

That's where the 80-20 rule comes in. Strive to eat healthy 80% of the time, and eat your favorite guilty pleasures 20% of the time. If you live by this rule you will not feel guilty when you have an occasional piece of cake, just count it as your 20%. What helps people eat this way is by having healthy foods at home. Try to keep the junk food and highly processed foods out of your home and save those foods for special occasions.

The Weekday/Weekend Split. Although there are many different ways to implement the 80/20 rule, one of the most common is to focus on good habits during the workweek and let up during the weekend. This tends to be most effective for people who work standard business hours because it's often easier to establish a routine around a repetitive work schedule. However, if the nature of your job forces you to engage in unhealthy habits, this is something you need to consider in regard to your weekend activities.

It's About More Than Diet. It's About Lifestyle. Although the 80/20 rule is often applied to diet, it's about much more than that. Ideally, it should be applied to your entire lifestyle. In order to properly implement the 80/20 rule, you must have a broad perspective and consider all of the factors that can affect your health. For example, your level of stress, the amount of rest you get, your diet, and how frequently or infrequently you exercise all play a significant role in your health. According to the 80/20 rule, you can only afford to spend 20% of your time deviating from the combination of all health related factors.



UPCOMING RACES

Whether you are looking for your next competition or wanting to participate in a walk or run to keep you accountable to your fitness goals, it is always fun to participate in community fitness events. Below is a list with some of the upcoming events in Northern Minnesota. For detailed information, please visit www.northlandrunner.com.

Sat. Aug. 4th – Tall Timber Days 5K – *Grand Rapids, MN*

Sat. Aug. 4th – Walker Bay Days 5K – *Walker, MN*

Sat. Aug. 11th – Northern MN Mud Run 5K – *Grand Rapids, MN*

Sat. Aug. 18th – Blackduck Backwoods Bash 5K – *Blackduck, MN*

Sun. Aug. 19th – Fishhook Challenge 5K – *Park Rapids, MN*

Sun. Aug. 19th – Fishhook Challenge Half Marathon – *Park Rapids, MN*

Sat. Sept. 15th – 5K/10K for Suicide Prevention – *Bemidji, MN*

