

# Do it Well

Easy ways to achieve health and wellness

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## Make physical activity a regular part of the day.

This is the year you can make physical activity a regular part of the day! Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy — such as taking a brisk 10-minute walk to and from the parking lot, bus stop or subway station; or join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing.

Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after work or adding a 10-minute walk at lunchtime can add to your weekly goal. Mix it up. Swim, take a yoga class, garden or lift weights. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

### More ways to increase physical activity at home:

- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Push the baby in a stroller.
- Get the whole family involved—enjoy an afternoon bike ride with your kids.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog—don't just watch the dog walk.



**"Make physical activity a regular part ..." continued**

- Clean the house or wash the car.
- Walk, skate or cycle more, and drive less.
- Stretch, exercise or pedal a stationary bike while watching television.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden.
- Play with the kids—tumble in the leaves, build a snowman, splash in a puddle or dance to your favorite music.
- Exercise to a workout video.

**At work:**

- Get off the bus or subway one stop early and walk or skate the rest of the way.
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.
- Take part in an exercise program at work or a nearby gym.
- Join the office softball team or walking group.

**At play:**

- Walk, jog, skate or cycle.
- Swim or do water aerobics.
- Take a class in martial arts, dance or yoga.
- Golf (pull cart or carry clubs).
- Canoe, row or kayak.
- Play racquetball, tennis or squash.
- Ski cross-country or downhill.
- Play basketball, softball or soccer.
- Hand cycle or play wheelchair sports.
- Take a nature walk.
- Most important—have fun while being active!

Source: United States Department of Agriculture. [www.choosemyplate.gov](http://www.choosemyplate.gov). Accessed Nov. 3, 2015.

# Physical activity is important for everyone, but how much you need depends on your age.

**Adults (18-64 years)**

Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level OR 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level. Being active five or more hours each week can provide even more health benefits. Spreading aerobic activity out over at least 3 days a week is best. Also, each activity should be done for at least 10 minutes at a time. Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least two days a week.

**Children and adolescents (6-17 years)**

Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate or vigorous intensity aerobic physical activity, and should include vigorous-intensity physical activity at least three days a week. As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening activities, like climbing, at least three days a week and bone-strengthening activities, like jumping, at least three days a week. Children and adolescents are often active in short bursts of time rather than for sustained periods of time, and these short bursts can add up to meet physical activity needs. Physical activities for children and adolescents should be developmentally appropriate, fun and offer variety.

**Young children (2-5 years)**

There is not a specific recommendation for the number of minutes young children should be active each day. Children ages 2-5 years should play actively several times each day. Their activity may happen in short bursts of time and not be all at once. Physical activities for young children should be developmentally appropriate, fun and offer variety.

Physical activity is generally safe for everyone. The health benefits you gain from being active are far greater than the chances of getting hurt. Here are some things you can do to stay safe while you are active:

- If you haven't been active in a while, start slowly and build up.
- Learn about the types and amounts of activity that are right for you.
- Choose activities that are appropriate for your fitness level.
- Build up the time you spend before switching to activities that take more effort.
- Use the right safety gear and sports equipment.
- Choose a safe place to do your activity.
- See a health care provider if you have a health problem.



Source: United States Department of Agriculture. [www.choosemyplate.gov](http://www.choosemyplate.gov). Accessed Nov. 3, 2015.



## Q: I'm a walker, but also want to start doing other activities. Do I need a different shoe for each type of activity?



**A:** Choosing the right footwear is important to ensure a safe workout. But that doesn't mean that you need to rush out and buy a different shoe for every new workout you try—at least not in the beginning. While you're experimenting with different workouts, invest in a good pair of cross training sneakers. These sneakers are a hybrid of several types of sport specific sneakers; they're built to support you during many different workouts (e.g., walking, weight lifting, tennis, short runs). Look for a shoe that feels comfortable, has good support and is lightweight. You can buy cross training sneakers at any major sports retailer. If you're not sure what to buy, speak with a staff person who can point you in the right direction.

If you stick with a routine that has a lot of variety (i.e., you're not doing a lot of just one type of activity), a cross training sneaker may be all you ever need. However, if you find yourself participating in one type of activity several times a week, you may want to consider investing in a sport-specific sneaker at that point to ensure the safest, most effective workout possible.

Source: American Institute for Cancer Research. [www.aicr.org](http://www.aicr.org). Accessed Nov. 3, 2015.

### Conscientious Cuisine: Lime Pork Tenderloin

- 4 large cloves garlic, minced
- 3 Tbsp. fresh lime juice
- 2 Tbsp. extra virgin olive oil, divided
- 1 tsp. unsulphured blackstrap molasses
- 1 tsp. low-sodium soy sauce
- ½ tsp. chili powder, or to taste
- Salt and freshly ground pepper, to taste
- 1½ lb. pork tenderloin
- 1 small red apple, optional for garnish

Preheat oven to 375 degrees.

In large mixing bowl combine garlic, lime juice, 1 tablespoon oil, molasses, soy sauce, chili powder, salt and pepper. Place tenderloin in bowl, turning to completely coat with marinade.

Heat large ovenproof pan or cast iron skillet over high heat. Add remaining oil. When oil is hot, use tongs to place meat in skillet, being careful to avoid splatter. Turn tenderloin every 2-3 minutes for even searing to seal in juices.

Remove pan from burner. Pour remaining marinade over meat and brush to coat well. Add 3 tablespoons water to bottom of skillet, not on tenderloin.

Place pan in oven. Cook approximately 30 minutes or until a meat thermometer inserted into center reads 145 degrees. Remove skillet from oven and allow tenderloin to rest for 5 minutes before slicing.

For garnish, if using, cut apple in thin slices.

Cut tenderloin diagonally in 1/4-1/2 inch slices. Arrange slices on plate, garnish with apple slices, and drizzle with remaining juice from pan.

**Makes 6 servings.**

Per serving: 185 calories, 8 g total fat (2 g saturated fat), 2 g carbohydrate, 24 g protein, 0 g dietary fiber, 90 mg sodium

Source: American Institute for Cancer Research. [www.aicr.org](http://www.aicr.org). Accessed Nov. 3, 2015.



## Get Going: Low-Belly Leg Reach

**This exercise targets your six-pack and corset muscles. Rocky does these!\***

Lie face up with your knees bent to 90 degrees, your hands behind your head and your abs contracted. While keeping your knees stacked over your hips, lift your shoulders and crunch up. Inhale and hold for 3-5 seconds. Exhale and extend your legs to 45 degrees. Hold for 3-5 seconds while squeezing your lower belly.

Do two sets of 10-15 reps each.

*\*Not verified*

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*Sources: foodandfit.com; health.com. Accessed Nov. 2, 2015.*



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