



Timely Information for Personal Success

Cost Versus Payoff for Good Health

By *Tim Lencki*

Many people find it difficult to stay committed to eating healthy and becoming more active. Everyone struggles with this, including me. There always seems to be something that stymies our efforts. Life just gets in the way. Right?

Don't fool yourself into thinking that this won't happen, because it will. Here is some advice to overcome this line of thinking when it does occur.

Examine your healthy lifestyle *efforts* from a "cost versus payoff" point of view. When I say "cost" I'm not referring to money, I'm speaking mostly of the *effort* you're putting in. "Payoff" refers to the results you're seeing, however you define that.

Certainly, the more effort you put into something the better the results, right? It's the same with exercise and nutrition – the more you work at it, the better the chance of achieving your goals. The problem is – many people feel that if they don't put a lot of effort into their exercise and nutrition plan, it's not worth it. Wrong answer!

Any amount of effort will yield a payoff. Consider: There will be times when things aren't going well (i.e. poor health, issues at work, general busyness, and family struggles, etc.) We have to expect that. In times like this, put forth *less* effort into your workout or nutrition plan. Yes the payoff will be less, but that's OK. There will still be a payoff.

Then, when life is good and things are going smoother, put forth **MORE** effort. The payoff will

be greater and may even make up for the time when you did less.

The point I'm trying to make is that just because times are tough and you can't put an "all-out" effort into your health, don't worry. It's the good times that will pull you through and allow you to see continued progress. Just don't give up! ■

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www.eatingwell.com

Healthy Recipe: Quick Breakfast Taco

INGREDIENTS:

- 2 corn tortillas
- 1 tablespoon salsa
- 2 tablespoons shredded, reduced-fat Cheddar cheese
- ½ cup liquid egg substitute

NUTRITIONAL VALUE:

- Calories per serving: 153
- Carbohydrates: 15 g.
- Protein: 17 g.
- Sodium: 453 g.
- Fat: 2 g.
- Saturated fat: 1 g.
- Fiber: 0 g.
- Potassium: 207 mg.

DIRECTIONS:

- 1 Top tortillas with salsa and cheese. Heat in microwave until cheese is melted, about 30 seconds.
- 2 Coat a small nonstick skillet with cooking spray. Over medium heat, add egg substitute and cook, stirring until eggs are cooked through, about 90 seconds. Divide scrambled egg between tacos.

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Questions and Answers

Chocolate – Yum!

Q: *Is chocolate good for you?*

A: Chocolate lovers will be pleased to know the answer is “yes”! That’s because chocolates contain compounds called flavonoids. Flavonoids have antioxidant properties that can be very beneficial to your health. Research has shown that chocolate may help reduce the risk for having a heart attack or stroke, aid in cancer prevention, lower blood pressure, enhance insulin sensitivity, decrease blood clotting, and even improve health of skin.

Dark chocolate is best because it contains higher amounts of flavonoids than milk chocolate. However, before you get too excited about eating chocolate I must warn you. Remember that chocolate contains calories and too much of anything isn’t good. One quarter to a half-ounce of chocolate daily is enough to possibly improve your health. Go ahead and enjoy some chocolate today, but do so in moderation. ■

Source: www.wasmomwrong.com/blog.

Food Quality Makes a Difference

Do you feel as though you are eating well, but weight isn’t coming off or your energy is lagging? It’s possible that the quality of the food you’re eating isn’t as good as it could be. There are several factors that determine the quality of food:

1. **The number of ingredients.** The more ingredients you see on the label, the more processed it is. Processed foods are altered from their natural state either for safety or convenience reasons. A food item that is processed gets digested faster and can spike your blood sugar causing you to store fat. Eat foods with fewer ingredients.

2. **The “state” of your food.** This is referring to dry vs. liquid or raw vs. cooked. The closer a food is to its natural state, the slower it is digested. Slower digestion is better. For example, an apple is digested slower than apple juice.

3. **The amount of fiber.** Fiber is found in fruits, vegetables, whole grains and legumes. Fiber slows down digestion, which helps stabilize your blood sugar leading to better overall health.

4. **The amount of sodium (salt) in food.** Every gram of sodium retains water. This causes your body to become bloated and has a negative effect on how your body processes food. The lower the sodium content, the better.

Take the time to consider the quality of the foods you are eating. It can make a big difference in how you feel. ■

- Tim Lencki