



## The 6th Annual Granville-Vance Weight Loss Challenge

### Week 2 - Are you moving yet?

Hello Captains and Teammates!

We hope you have had a great week, and have not been distracted from your goals by the unusual weather we've have been having!!

Last week's email encouraged you to [Rate Your Plate](#). Hopefully, if you did, you got some ideas about how you could make improvements to your eating habits. And now you should be on your way to doing that! Making small changes one at a time should help with adopting new habits that you can maintain, **so we hope that you have found at least one eating habit to work on to help your move towards better health!**

With that being said, **it is also VERY IMPORTANT to keep Moving More** in mind as another key to achieving a healthy weight. Ideally we should all strive to be active 150 minutes or more each week. While that may not always be possible, it is important to set a daily or weekly goal that is manageable for you, but keeps that ideal in mind. Check out [THIS](#) handout for tips on moving for healthy weight (for Spanish [click here](#)).

To help you get started, below are some tips from *RealAge.com* followed by an easy recipe that should hit the spot whether the weather is spring OR winter-like! Remember also that we have many [activity partners](#) that are offering specials to Challenge participants if you want to make that part of your weekly routine as well.

PLEASE remember to share this information with your teammates if they have not registered with an email address. We hope you have a great weekend and keep **Eating Smart** and **Moving More!!**

*Jackie Sergeant - on behalf of the ESMM Weight Loss Challenge Team:  
Maria Parham Medical Center, Henderson Family YMCA,  
and the Granville-Vance District Health Department*

PS - More about this later, but **if you are serious about achieving a healthy weight you**

should NOT be drinking sugar-sweetened drinks...!

## Rev Up Your Walk, Live Longer By RealAge

A comfortable daily walk is a good place to start if you want to live younger and longer. But include a few spurts of power walking, too. This kind of "interval training" can be a great way to boost your exercise capacity -- an emerging marker of longevity.

### Build Up Your Steam

In a large study of women, exercise capacity -- a measure of how hard you're able to work out -- was tightly connected with mortality rates. The women who had low exercise capacity were almost twice as likely to die during the study follow-up period, compared with the women who had more exercise power. [Find out about the hidden symptoms women may experience during a heart attack.](#)

### Boost Your Grade with Intervals

So how can you increase your exercise capacity? Interval training helps. Just add a few short bouts of more intense exercise to any moderately paced activity. For example, throw some 1- to 2-minute jogging sessions into a long, brisk walk. Or if you're a steady biker, add a block of rapid pedaling here and there. [Interval training can help you burn more fat, too.](#)

Power up with these other helpful exercise tips:

- Pick up the pace. [Learn why simply walking a bit faster overall may help you live longer.](#)
- Mind your timing. [Here's how to pick the right time of day to optimize your workouts.](#)
- Build brawn. [Interval training can help with this, too.](#)

[Watch this video to get the lowdown on some of the newest exercise equipment](#)

### Beans, Rice and Kielbasa

#### Ingredients

- 2 cups prepared brown rice
- 2 (12 ounce) cans red kidney or other beans, drained and rinsed
- 1/2 large onion, chopped
- 2 cups chopped tomato (or canned diced)
- 1 1/2 teaspoons chili powder (more or less to taste)
- 1 (16oz) turkey kielbasa, sliced into 3/4 inch rounds

#### Instructions

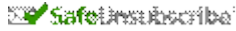
1. Drain and rinse beans.
2. Sauté onion.
3. Add beans, chopped tomato and chili powder
4. Cook until tomato starts falling apart (about 10 minutes).
5. Add prepared rice and sliced kielbasa.
6. Cook an additional 5 minutes or until kielbasa is heated through.

**Nutrition Information (Per Serving)** Calories: 420; Total Fat: 9g; Sodium: 810 mg; Total Carbohydrate: 58g; Dietary Fiber: 16g; Protein: 28g

**Preparation time:** 5 minute(s) **Cooking time:** 15 minute(s)  
**Number of servings (yield):** 5

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