

CHCS



# 'BIGGEST' WINNER' 2008

*"I can do all things through Christ who strengthens me." - Philippians 4:13*

Well, we're on our way! It's exciting to see how determined and enthusiastic you are week by week!

Remember -- it takes time to break those old, unhealthy habits and establish new, healthy ones! Trust me, if *I* can do it *you* can do it! Not that I have "arrived." I know how easy it is to get off track. Little by little, old habits have a way of creeping back into your routine.

You know what I mean. Eating something and then realizing it didn't even taste that good. This is something you can determine after a bite or two -- you don't have to eat the whole thing! And even if it's something that you really, *really* like, but know it's nothing but empty calories (and chances are you'll still be hungry after you eat it), you can stop after a couple bites. No, I'm not kidding -- you *can*. You don't have to clean your plate, contrary to what you may have been told. Eating the entire piece of Death by Chocolate cake will not help a starving child somewhere.

Maybe we could each start saving the money we would have spent on "unwise choice" foods and use that money toward helping those who are less fortunate. Hmm... something to think about.

Keep up the good work!

Pat

## Breakfast Parfait

You can make a healthy, delicious breakfast parfait in no time at all!

- Lowfat or low carb vanilla yogurt (stay away from fruit-on-the-bottom yogurts -- they're full of sugar)
- Lowfat or low carb granola cereal
- Any kind of berries

Simply layer the ingredients in a glass or tall dish to make your parfait, using a couple tablespoons of the granola and fruit between layers of vanilla yogurt. And there you have it -- your very own healthy parfait!

*Fast food tip: the fruit and yogurt parfaits at McDonald's are a good choice when you're on the run! 160 calories, 2 grams of fat -- but if you're watching carbs, a bit high at 31 grams.*

## Your Morning Kick-Start

**Q:** Is it really so important to eat breakfast? I often don't feel hungry in the morning, but have been told that I should eat something. Why?

**A:** While there are plenty of nutrition myths circulating these days, eating breakfast is not one of them. Breakfast literally means, "breaking the fast."

While you are sleeping your body goes on an 8-hour fast, making this first meal necessary to give your energy level a kick-start in the morning. Breakfast programs in schools get so much emphasis because studies show that children learn and function better with some food in their bellies. Adults are no different. So if you're looking to increase your morning productivity at work, give breakfast a try.

Worried that breakfast will add calories and extra pounds to your waistline? That couldn't be further from the truth. Skipping breakfast slows the metabolic rate and leaves a person feeling sluggish and tired. Eating breakfast, on the other hand, increases the metabolic rate by 25%, which explains why people feel better after eating in the morning. Skipping breakfast actually increases the tendency to overeat later in the day. In fact if you don't feel hungry for breakfast in the morning, it may be a sign of overeating at night. So to keep your energy level high and your portions under control

later in the day, make breakfast a priority. After a few days I bet you will find the few extra minutes are worth it. Here are a couple ideas for a quick and satisfying morning meal:

- High fiber cereal with skim milk
- Nonfat yogurt with fresh fruit and low fat granola
- Whole wheat toast with 2 tsp peanut butter and fruit
- Instant oatmeal made with skim milk

*Information found at [www.dietdetective.com](http://www.dietdetective.com) -- The Health and Fitness Network*

## On the Fighter Side...

Ed was in trouble. He forgot his wedding anniversary. His wife was really angry. She told him, "Tomorrow morning I expect to find a gift in the driveway that goes from 0 to 200 in less than 6 seconds. *And it better be there!*"

The next morning Ed got up early and left for work. When his wife woke up she looked out the window and, sure enough, there was a gift-wrapped box in the middle of the driveway. Confused, she put on her robe, ran out to the driveway, and brought the box back in the house. She opened it and found a brand new bathroom scale.

Ed has been missing since Friday. Please pray for him.