

THE FITNESS CONNECTION

How can you fit physical activity into your busy schedule? Your life may already seem like a workout, so make the most of what you do.

Take your children to the playground. Join their game of jump rope, spend some time on the swings — play like a kid again!

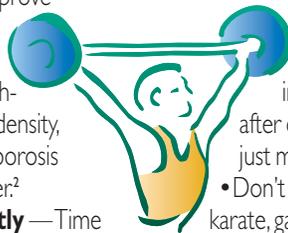


Physical activity is important at all life-stages, and the benefits last a lifetime!

- In **children**, physical activity aids in the development of strong bones and muscles. It promotes a positive self-image, and organized group activities encourage socialization.
- Exercise helps **teens** feel strong, independent and confident. It also reduces the risk for chronic diseases like osteoporosis and heart disease in adulthood.
- **Adults** who are physically active maintain, and may even improve, their health, have a better sense of emotional well-being and have more control over their weight.
- In **older adults**, physical activity helps to keep bones and muscles, including the heart, strong. It also aids digestion, fights depression, improves sleep and may boost alertness.

What's in it for you?

- **Improve your outlook on life** — Moderate activity releases hormones in your body called endorphins. Endorphins work to help decrease stress, reduce anxiety and improve mood!
- **Get energized** — A brisk walk will get you going in the morning, and the effects can last all day!
- **Look great, feel better** — Getting fit helps firm and tone your entire body and may result in weight loss. You will feel better, and increased strength and endurance will boost your self-confidence!
- **Keep your heart healthy** — The heart is one of the most powerful muscles in your body, and exercise helps keep it strong. Regular activity helps lower blood pressure, decrease cholesterol and improve cardiovascular health.²
- **Stand tall** — Weight-bearing exercise and strength-training help improve bone density, decreasing the risk of osteoporosis and fractures as you get older.²
- **Live longer independently** — Time takes its toll on the body, but staying active can help you maintain independence. As you age, lack of use decreases muscle integrity, but exercise will help maintain muscle strength. Strong muscles sustain physical ability.²
- **Wait, there's more** — Physical activity can also improve sleep, reduce the risk of stroke and certain cancers, improve balance and flexibility, and help control blood sugar levels in people who have, or are at risk for, diabetes.^{1,2}



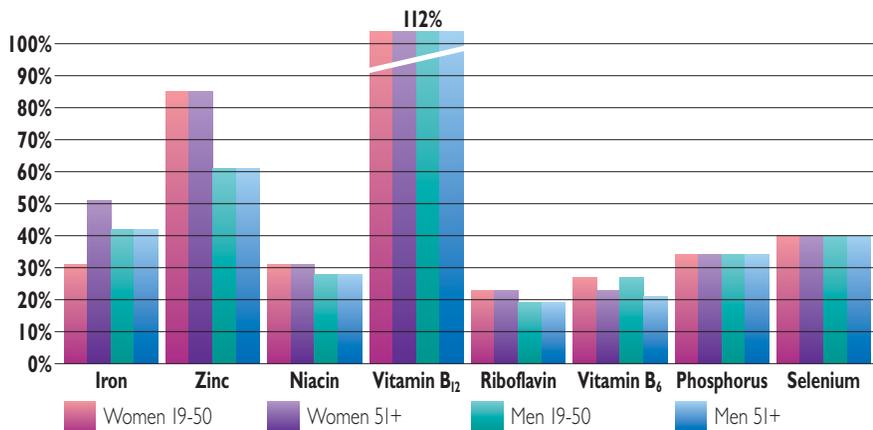
Fitting Fitness into Your Busy Life

To add physical activity to your "to do" list, you do not have to spend hours in the gym. All you need to do is **get moving!**

- Instead of dinner and a movie, plan an activity date. Try skating or take a dance class — swing, salsa or waltz your way to better health.
- Plan a canoe trip or take a hike with friends and family. Everyone will enjoy the time together.
- Try something you haven't done lately. Get your ball glove off the closet shelf and join a local sports league. It's also a great way to meet people!
- Don't sit. Take a walk during your child's athletic practices.
- Check the library for "must read" books on tape and listen to them while walking or bicycling. Catch up on television shows while doing your tone-at-home workout.
- Too busy to spend thirty minutes working out each day? Break it down into shorter bursts of activity — choose the stairs instead of the elevator; walk with the family after dinner, or take a morning jump rope break — just make sure it adds up to thirty minutes.
- Don't be afraid to try something new — karate, gardening, snorkeling, golf — the possibilities are limitless.
- Get off the bus a few stops early and when driving, give up the search for the perfect parking space.



Percentage of the Estimated Average Requirement for Eight Key Nutrients Contributed by a 3-ounce Serving of Lean Beef^{3,4}



Give me one good reason!

With so many emotional and physical benefits, is there really a good reason not to be fit? How can you overcome the most common barriers to making fitness a priority?

- **After a hard day, who has the energy to exercise?** Fit in small amounts during the day for an energy boost.
- **Can't stay motivated?** Find an exercise buddy and help each other maintain enthusiasm. Mix up your workouts so you don't get bored.
- **Feel like you're too old, or not fit enough, to workout?** You can start at any age and from any fitness level. Walk for *five or ten minutes* each day. To help tone muscles use light weights. Increase the length and intensity of your exercise program gradually. Before you know it, you won't feel like you "can't" exercise anymore. Talk to your doctor before you begin a vigorous fitness program.

How much is enough?

By accelerating heart and respiratory rates, **aerobic exercise** helps develop your heart and lungs. *Thirty minutes per day, three or more days per week*, is all it takes. If you can't find thirty minutes in your busy schedule, simply break it down into three "ten-minute workouts."

Strength-training is another essential component of a fitness program. You can get your workout at a gym or at home. All you need to get started are a few weights of varying sizes or stretch bands. Or, fill bottles with water to create your own weight-training system. Aim for *two thirty-minute sessions each week*. If that doesn't fit your schedule, then keep your weights handy and pick them up whenever you can — talking on the phone, watching the news, reading your favorite magazine.

Nutrition fuels physical activity!

To power you through busy days and tough workouts, your body needs energy, protein, vitamins and minerals. Establish a pattern of

eating that includes a variety of foods in moderate amounts and balance the amount you eat with your physical activity.

- **Carbohydrates** are the body's main source of energy and offer an array of essential vitamins and minerals. For optimal health, choose a variety of whole grain breads and cereals, fresh fruits and vegetables.
- **Fat** serves as a source of energy, protects organs and aids in the absorption of fat-soluble vitamins.
- **Protein** is essential to build and repair muscle tissue. Protein also may help your body recover after a workout. The best sources of protein include lean beef, pork, fish, poultry, eggs, and lowfat dairy products.
- **B-Vitamins** are essential to help release the energy in the food you eat. To get the B-vitamins you need, eat plenty of lean meats and enriched grain products.
- **Zinc** is essential to cell production and tissue growth and repair. Your body can't build muscle without it! Lean beef is one of the best sources of zinc in the American diet. Other sources include dairy products, poultry, whole grains and nuts.
- **Iron** helps carry oxygen from the lungs to body cells and tissues, including your muscles. Without iron, your muscles won't work! To increase your iron intake, eat lean beef, enriched grain products and dried beans.
- **Water** is critical to all body functions, and helps transport nutrients throughout the body. Dehydration can lead to decreased stamina and noticeably harder workouts.
- **Calcium and Vitamin D** — Calcium and Vitamin D work together to help build and maintain strong bones and teeth. To get enough calcium from your diet, aim for 3 servings of lowfat milk, yogurt or cheese every day. Fortified milk products offer plenty of vitamin D to support bone development.
- **Vitamin C** plays a role in bone and muscle health, supports the immune system and helps promote iron absorption. Citrus fruits, strawberries, melon, and red and green bell peppers are all tasty sources of vitamin C.

SZECHUAN BEEF STIR-FRY

Total preparation and cooking time: 15 minutes

- 2 beef shoulder center steaks (Ranch Steaks), cut 3/4 inch thick (about 8 ounces each)
- 1 package (10 ounces) fresh vegetable stir-fry blend
- 3 tablespoons water
- 1 clove garlic, minced
- 1/2 cup prepared sesame-ginger stir-fry sauce
- 1/4 teaspoon crushed red pepper
- 2 cups hot cooked rice or brown rice, prepared without butter or salt
- 1/4 cup dry-roasted peanuts

1. Combine vegetables and water in large nonstick skillet; cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain vegetables. Set aside.
2. Meanwhile cut beef steaks into 1/4-inch thick strips.
3. Heat same skillet over medium-high heat until hot. Add 1/2 of beef and 1/2 of garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet; keep warm. Repeat with remaining beef and garlic.
4. Return all beef and vegetables to skillet. Add stir-fry sauce and red pepper; cook and stir 1 to 2 minutes or until heated through. Spoon over rice. Sprinkle with peanuts.

Makes 4 servings.

Nutrition information per serving:
351 calories; 11 g fat (3 g saturated fat; 5 g monounsaturated fat); 64 mg cholesterol; 1147 mg sodium; 29 g carbohydrate; 3.0 g fiber; 32 g protein; 5.4 mg niacin; 0.3 mg vitamin B₆; 2.9 mcg vitamin B₁₂; 4.1 mg iron; 33.0 mcg selenium; 6.6 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₁₂, iron, selenium and zinc, and a good source of fiber and vitamin B₆.

Recipe from *The Healthy Beef Cookbook* published by John Wiley & Sons, Inc.

For more delicious beef recipes or to order *The Healthy Beef Cookbook*, go to www.BeeftsWhatsForDinner.com

Footnotes:

1. Nelson, Miriam E. Ph.D., and Wernick, Sarah, PhD. Strong Women Stay Young. Bantam Books: New York, 2000.
2. Carlson, John E. Disability in older adults 2: physical activity as prevention. Behavioral Medicine. Wntr, 1999.
3. US Department of Agriculture, Agricultural Research Service, 2006. USDA Nutrient Database for Standard Reference, Release 19. Nutrient Data Laboratory Homepage www.nal.usda.gov/fnic/foodcomp.
4. Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. National Academy Press; 1998-2001.

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The Beef Checkoff through the National Cattlemen's Beef Association