



## Move Your Way 'Round the Bay

2008 Summer Incentive Program

# Health *focus*

JUNE 4, 2008  
WEEK ONE  
BERKELEY

## On Your Mark...Get Set... GO!!!

Welcome to Move Your Way 'Round the Bay! This newsletter is a way to get some good health tips, learn of any announcements, get reminders about the program, find healthy recipes, and learn about the Bay Area. Feel free to save it, print it, post it, or share it!

We'll cover a range of topics including diet, exercise, safety, and more, all to ensure that you receive a comprehensive introduction to living a healthful lifestyle.

So go and get moving! Remember, exercise doesn't only mean going to the gym. Be creative, just move. Take a dance class or karate, throw

around a frisbee, even an enthusiastic session of some Wii boxing can count! The important thing is to find something active that you enjoy.



If you're counting your steps with a pedometer, try adding steps by walking to a bathroom on another floor, parking farther away from the building, or returning your grocery cart to the store instead of leaving it in the parking lot. Do what you can to add 2,000 steps a week until you can walk the recommended 10,000 steps a day!

Good Luck & Have Fun!!!!

## TRIVIA

### So You Think You Know About the Bay Area?



Every week there will be a trivia question about the city you're about to visit. You're starting off your journey in the home of the Bears, Berkeley! Next week we'll be moving on to Oakland, so try to answer this question.

**Question:** What author said "There's no there there" after learning that her childhood home in Oakland was gone?

**Answer:** Find out next week! Email your answer is to [pmielbeck@uhs.berkeley.edu](mailto:pmielbeck@uhs.berkeley.edu) and get entered into the prize drawing. Good luck!

## Announcements



- ◆ Start tracking your activity TODAY!! (June 4)
- ◆ The goal you want to reach is 10,000 steps or 30 minutes of activity a day, 4 days a week. If you're not there yet, that's ok! You can work your way up!
- ◆ Take a look at the first Nutrition Challenge below!



# Nutrition Challenge: Breakfast

Over the next 14 days, try to eat a Healthy Breakfast\* for at least 7 days

Breakfast is important because it gives you the energy you need to get you through your day. After a long night without food breakfast refuels our bodies, preparing us to think, interact, work, and play. It has been found that people who eat breakfast:

- Consume fewer calories throughout the day.
- Consume more vitamins and minerals, and less fat during the day.
- Manage their weight.
- Have better concentration throughout the day and are more productive.
- Have more strength and endurance.
- Have lower cholesterol.



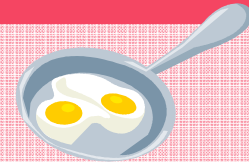
\*A healthy breakfast should include a variety of foods like:

- low or non-fat dairy (yogurt, milk, cottage cheese)
- lean protein (hard-boiled eggs, peanut butter)
- grains (oatmeal, whole grain cereals or breads)
- fruits and vegetables (whole fruits or 100% fruit juice without added sugar).

If you don't think you have time for breakfast, pack something up that you can eat when you get to work. A serving of the omelet below can easily be heated in the microwave.

## Healthy Recipe of the Week Fresh Herb Omelet

Casserole Serves 6



### Ingredients

- 1 Tbsp olive oil
- 1 cup red pepper, diced
- 1 cup fresh mushrooms, sliced
- 1 cup scallions, sliced
- 2 garlic cloves, minced
- 4 slices whole wheat bread, crusts removed
- 4 eggs
- 8 egg whites
- ¾ cup evaporated (fat-free) skim milk
- 1 Tbsp fresh basil, minced
- 1 Tbsp fresh rosemary, minced
- 2 tsp fresh chives, minced
- 1 Tbsp fresh parsley, minced

- 1 pinch fresh ground pepper
- salt to taste

1. Preheat the oven to 350 degrees F. Heat the oil in a skillet over medium high heat. Sauté the pepper, mushrooms, and scallions for 6 minutes. Add the garlic and sauté for 3 more minutes.

2. Place the bread slices in a large casserole dish. Combine the remaining ingredients and pour the egg mixture on top of the bread. Add the cooked vegetables. Bake for about 25-40 minutes or until the omelet is slightly puffed and set.

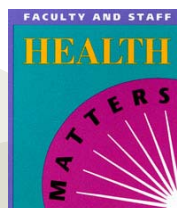
### Nutrition Information

Serving Size 1/6 of recipe

#### **Amount per serving**

Calories 222  
 Calories from Fat 62  
 Total Fat 7g  
 Saturated Fat 2g  
 Cholesterol 144mg  
 Sodium 483mg  
 Total Carbohydrate 18g  
 Dietary Fiber 2g  
 Sugars 8g  
 Protein 22g

-American Diabetes Association



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