

## Do you Hate to Exercise?

You are not alone; more than half of American adults don't get much exercise. What is holding you back?

### Are you embarrassed to exercise in public?

- Enroll in a beginners' level class where the goals are to be active, learn and have fun.
- Exercise at home with dance music on the radio, DVDs or free weights.

### Is exercise uncomfortable for you?

- If you have health problems check with your doctor before you start.
- Wear loose, comfortable clothes.
- If your inner thighs chafe, wear tights or spandex shorts.
- When you get tired, slow down or take a break for a minute or two.
- If you can't stand comfortably to exercise, learn some exercises to do sitting down. Try an exercise class in the pool; you do not need to know how to swim.

### Are you too busy to exercise?

- Be active for a few minutes at a time. It all adds up.
- Do housework, yard work or wash the car for exercise.
- Make "appointments" with yourself and write them on

the calendar.

- Exercise first thing in the day. You are more likely to stay with it.

### Do you get bored?

- Try different activities till you find one you really like.
- Do different activities on different days or change with seasons or the weather.
- Try a team sport, or find a buddy to exercise with or carpool to the gym. The time goes faster, and your commitment to someone else may help you stay with your program.

### Do you get discouraged?

- Don't give up too soon. It takes time to see benefits.
- Write down some short-term goals to start. When you reach them, build on that success!
- Give yourself small rewards to look forward to.
- Start out with classes like yoga or Pilates, which focus on breathing and stretching. These can make you feel good right away.
- Write down your weight and body measurements once a week. Look back in just three months and see how far you have come!

*From Webmd.com and WIN (Weight Control Information Network), win.niddk.nih.gov*

## Recipe of the Week : Cornmeal and Fruit Biscotti

From "Alice Medrich's Cookies and Brownies" – makes about 30 biscotti

- 1 cup unbleached all-purpose flour
- 1 cup whole grain cornmeal
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 4 Tablespoons unsalted butter, softened
- 1 cup sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon finely grated lemon zest
- 1 cup dried cranberries or other dried fruit

1. Preheat oven to 350 degrees. Put a rack in the center of the oven.
2. Combine flour, cornmeal, baking powder and salt in a medium bowl. Mix thoroughly.
3. Beat butter and sugar together in a large bowl with an electric mixer till blended. Add eggs,

- vanilla, and lemon zest. Beat till light and fluffy.
4. Add flour mixture. Stir till all ingredients are moistened. Mix in fruit. Place dough on a cookie sheet lined with parchment paper or foil, and shape in to a log 14"x2".
5. Bake for 30 minutes, till lightly browned and cracked on top. Give the pan a half-turn halfway through cooking time. Cool on a rack for 10 minutes. Transfer loaf to a cutting board. Using a long serrated knife, cut on diagonal into slices about 3/8" wide. Lay slices on ungreased baking sheet ½ " apart. Bake 10 minutes till cookies are barely beginning to brown. Set on rack and cool completely before storing.

**Nutrition Facts:** Calories: 87      Total Fat: 2g  
Saturated Fat: 1g      Sodium 25.8 mg  
Dietary Fiber 0.7 g      Protein 1.2 g

**Tip of the Week** Have a first course of broth-based or vegetable-based soup (not a creamy or high-fat one.) Research shows it may help you eat more slowly and curb your appetite.