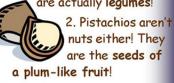
THINGS YOU DIDN'T KNOW

1. Peanuts are not nuts. They are actually legumes!



- 3. Americans consume an average of 12 pounds of peanuts each year!
- 4. There are really two types of almonds. The ones we eat are the sweet type. The other type contain a form of cyanide and are inedible!
- 5. Cashew shells contain the same irritant found in poison ivy. Roasting them inactivates the poison, making them safe to eat!
- 6. Peanuts were once called "goober peas" and "monkey nuts!"
- 7. "Peanuts," the comic by Charles Schulz, is the longest story ever told by one human being with over 17,900 strips published!

"Good" Fats in Your Food

Fats have acquired a bad reputation over the years, but the truth of the matter is that we need fats to insulate our bodies against shock, to maintain proper body temperature, to promote healthy cell function, to keep our skin and hair healthy and glowing, and in some cases to prevent certain diseases. Sadly, the fats we do commonly get from our diet are the wrong types highly saturated or hydrogenated and loaded with cholesterol. To help you choose the right kinds the next time you dine, here are some foods loaded with a healthy dose of "good" fats.

Nuts

Not only are they good sources of mono- or polyunsaturated fats (the good fats), they also

come packed with many different vitamins, minerals, and antioxidants. In fact, nuts are

the richest sources of vitamin E, which is needed to make red blood cells and muscle tissue. A handful of these also provide you with lots of heart-healthy fiber. They make great snacks or additions to any salads.

Tofu and Soy

Another type of polyunsaturated fat, soybeans are a source of high-quality protein and iron. More importantly, soy has been shown to be effective in lowering the levels of bad cholesterol in your body, and is believed to protect against some

Fatty Fish

Salmon and mackerel are rich sources of omega-3 fatty acids, which are proven to help lower the risk of coronary artery disease. Experts recommend at least 2 servings of fish a week.

Plant oils

Most plant oils contain the same cholesterol-lowering properties as their green growing counterparts. Canola, corn, olive, peanut, sunflower, soybean, and

safflower oils have the lowest levels of bad fats and are the most beneficial. Stay away from coconut, cottonseed, palm, and palm kernel oils which, although come from plant sources, contain high levels of bad fats.

Complete our online

and be automatically entered to win



and other great prizes!

Drawings done quarterly!!

Visit www.netcarelifeandhealth.com/wellness today!

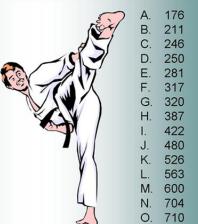




How Many Calories are You Burning?

Match the amount of calories you think you burn per hour with the different exercises listed below!

- Football
- Aerobics (moderate) 3. Bowling
- 4. Swimming
- 5. Cooking
- 6. Judo/Kickboxing
- Strength Training (light)
- Running (6 mph)
- 10. Walking
- Cleaning House
- Dancing
- 13. Cycling (stationary)
- 14. Mowing the Lawn
- 15. Circuit Training



January is Cervical Health Awareness

Over 3,870 mothers, daughters, sisters, and wives will die from cervical cancer in 2009. Over 11,000 new cases of cervical cancer will g be diagnosed by the year's end.

Do not let yourself or any of your loved ones become part of these statistics. Cervical cancer is preventable when it is detected early. Regular pap tests not only help to find changes in the cervix before cancer develops, but

can also find cervical cancer in its most curable stage.

If you are over the age of 21 years and have not had a regular pap test in over a year, please schedule one with your doctor today.

To download more information about cervical cancer and annual screenings for women, please visit:

and click on the "Wellness Fact Sheets" link



Slouching! Leaning on the equipment when working out means your

spine aren't getting the support they need and your lungs aren't taking in as much oxygen as they can. While you're on the treadmill, elliptical, or stair-climber, make it a habit to stand up straight.

Reading! - If you're able to read while on the treadmill, it means you aren't focusing your attention on your work-

out. If you absolutely cannot put the book down, stop reading every 5 minutes and step up the intensity for another five.

COMMODIO

The Death Grip! - Holding on too tightly to the equipment handles takes some of the work away, meaning you're cheating yourself out of the real deal. Instead of gripping tightly, balance yourself lightly with just your fingertips.

Extra Weight! - As a general

rule, keep your cardio separate from your strength training. So while carrying hand weights while running may seem like a bigger bang for your buck, it can actually put unnecessary strain on your

body and cause injury.

Cardio Only! - Despite your urge to focus your workout on cardio exercises only, a proper workout incorporates strength training as well. This helps build and condition muscles, improving your metabolism and calorieburning abilities.

Chicken Mushroom *Quesadillas*

- 1 Tbs. canola oil
- 1 large onion, chopped
- 8 ounces white button mushrooms
- 3 cloves garlic, minced
- 2 cups cooked chopped skinless, boneless chicken breast
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1 tsp. dried oregano
- 2 cups baby spinach leaves, sliced into ribbons
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 4 (10-inch) whole-grain flour tortillas
- 1 cup shredded cheddar cheese
- 1/2 cup salsa

minutes.

Calories 440

Total Fat 16 g

Protein 23 g

Fiber 8 g

Saturated Fat 7 g

Cholesterol 51 mg

Sodium 1050 mg

1/4 cup reduced-fat sour cream

Heat oil in large skillet over medium heat. Add onions & mushrooms; cook until mushroom water is evaporated and they begin to brown, 5 to 7 minutes. Add garlic and cook 1 minute more. Add chicken, cumin, chili powder & oregano; stir until all spices are incorporated. Add spinach, salt & pepper; cook until spinach is wilted, about 2

Lay 1 tortilla on flat work surface & sprinkle with 1/4 cup shredded cheese. Spoon 1/2 chicken mixture on top of cheese, then top with additional 1/4 cup cheese. Top with another flour tortilla. Heat large nonstick skillet with cooking spray over medium heat. Place quesadilla in pan and cook 3 minutes. Using large spatula, gently flip quesadilla and cook

additional 3 **Nutrition Facts** minutes until Servings per Recipe 4 lightly **Amount Per Serving** browned and cheese is melted. Repeat with second quesadilla. Slice quesadillas into quarters; Carbohydrates 46 g serve with sour cream and salsa.

MEMBERS' BULLETINI

Reminder:

Spring Student Verifications

Verification of Enrollment for all overage dependents (over the age of 19 years) attending school full-time are due. Student Verifications MUST be submitted to avoid termination of coverage.

Understanding your CHOLESTEROL Nu

When it comes to cholesterol, the lower the number the better. But was exactly is that magical "number" and how do we know if we're still in good shape? When your doctor orders your cholesterol to be checked, he or she is usually checking for three important numbers:

- LDL cholesterol LDL, or low-density lipoprotein, is the "bad" type of cholesterol. Higher levels of LDL are associated with higher risks of heart disease.
- HDL cholesterol HDL, or high-density lipoprotein, is the "good" type of cholesterol. Higher levels of HDL are associated with lower risks of heart disease.
- 3. Total cholesterol

So how do you know what these numbers mean? Follow these tables to find where you stand.

TOTAL Cholesteral Levels

TOTAL CHOIESTEROI LEVEIS		
Less than 100 mg/dL	Desirable	
100 - 129 mg/dL	Near Optimal	
130 - 159 mg/dL	Borderline High	
160 mg/dL and Above	High	

HDL Cholesterol Levels

Less than 40 mg/dL	Too Low
More than 40 mg/dL	Beneficial
LDL Cholestero	l Levels

200 mg/dL or Less	Desirable	
200 - 239 mg/dL	Borderline High	
240 mg/dL and Above	High	

1.M, 2.I, 3.B, 4.J, 5.A, 6.N, 7.E, 8.G, 9.O, 10.D, 11.C, 12.F, 13.K, 14.H, 15.L

