



moveWorksite Newsletter

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Special points of interest:

- Healthy snacks
- Missoula Marathon
- Is there a good oil?
- Bicycling
- New Recipe

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Smart Snacks

In the January issue, we talked about making small changes each month for 12 healthy new habits. Using Bob Condor's ideas for 12 Months, 12 Healthy New Habits posted on MSN Health and Fitness, we can make changes one small step at a time.

By focusing on trying one healthy new habit a month, you can feel a sense of accomplishment each month, rather than feeling overwhelmed by trying to make too many changes at once. So far, we've discussed the importance of making goals for nutrition and physical activity, trying unrefined sea salt, getting regular sleep and the importance

of breakfast.

New habit: Clean out the snack drawers at home and work.

The skinny: Gregory Florez is a personal trainer by profession. But he preaches this nutrition habit to every client. Just becoming more aware of our snack habits is healthy. Florez doesn't say kick out all favorite foods as much as put more healthy choices in that snack drawer. "Snacks can still be fun," he says.

Action steps: If in doubt about the nutritional value of a snack item, toss it. The best items for snacks: fresh veggies, trail mix;



almonds; walnuts; dried fruit; high-protein/low-fat/low-sugar energy bars; and beef/turkey/salmon jerky.

When grabbing dried fruit or nuts, keep it to a handful apiece. And always drink at least 8 ounces of water at snack time, preferably about 15 minutes before the snack to curb "hunger" that is really more about thirst.

Getting Back on Your Bicycle

Taken from: <http://www.bicyclinginfo.org/insight/features/started.cfm>

If it's been too long since you've ridden your bicycle last, now's the time to dust off your bicycle and join the more than 60 million Americans who'll get out and ride during this year's National Bike Month. Here's a few tips to save some embarrassment and to keep you safe!

1. Get Your Bicycle Checked

Out!

Take your bicycle to your local bicycle shop and get a tune-up. Your bike is a wonderfully simple and efficient machine, but needs some TLC - and you don't want to break down your first time out. Most bike dealers have spring specials to check the essentials; brakes, gears, tires, etc. and squirt oil in all the right places.

2. Get Yourself Checked

Out!

It might be wise to check in with your doctor and see if there's any reason you shouldn't be saddling up and going for a spin. Bicycling is such a great way to get the recommended daily dose of exercise that chances are your doctor will encourage you to go for it. Don't try and ride 50 miles straight away; take it slowly and you'll enjoy the ride and **Continued on page 3**



“The ideal cooking oil should contain higher amounts of monounsaturated and polyunsaturated fats.”

Which cooking oil is the best?

All manufacturers claim their own cooking oil is the best! Canola oil, olive oil, sunflower oil, butter, margarine and even virgin coconut oil each has its supporters. Before we conclude the best cooking oil(s), let's look at the essential - Fats 101. We classified the following fats as "good fats" and "bad fats" based on their heart-smart values: their ability to raise or lower total and LDL cholesterol.

The Bad Fats	
Saturated Fats	Saturated fats raise total blood cholesterol as well as LDL cholesterol (the bad cholesterol).
Trans Fats	Trans fats raise LDL cholesterol (the bad cholesterol) and lower HDL cholesterol (the good cholesterol).
The Good Fats	
Monounsaturated Fats	Monounsaturated fats lower total cholesterol and LDL cholesterol (the bad cholesterol) and increase the HDL cholesterol (the good cholesterol).
Polyunsaturated Fats	Polyunsaturated fats also lower total cholesterol and LDL cholesterol. Omega 3 fatty acids belong to this group.

Based on the above classification, the "ideal" cooking oil should contain higher amounts of monounsaturated and polyunsaturated fats and with minimal or no saturated fats and trans fats.

The Verdict? As long as you're using fats and oils sparingly in your cooking and preparation, it would be fine to use any one of the following "good" oils. All of the following oils are low in saturated fats and trans fats. Some have high concentration of

“Good” Cooking Oils:
<i>canola oil</i>
<i>flax seed oil</i>
<i>peanut oil</i>
<i>olive oil</i>
<i>non-hydrogenated soft margarine</i>
<i>safflower oil</i>
<i>sunflower oil</i>
<i>corn oil</i>

monounsaturated fats such as olive oil. The following "bad" oils contain high percentage of trans fat or saturated fats. Some, such as coconut oil, even contain more saturated fats than animal products!

Taken from: Tsang, Gloria, RD. (June, 2005). Which cooking oil is the best? Healthcastle. Retrieved April 12, 2007 from www.Healthcastle.com

“Bad” Cooking Oils:
<i>vegetable shortening</i>
<i>hard margarine</i>
<i>butter</i>
<i>palm oil</i>
<i>palm kernel oil</i>
<i>coconut oil</i>

Nutrition information is provided by the Eat Smart Program at the Missoula City-County Health Department. For more information on nutrition and nutrition programs, contact Corey Campbell, Eat Smart Program Coordinator, at 258-3827 or campbellc@ho.missoula.mt.us. **Eat Smart's** mission is to improve the food and beverage choices made by residents.

We are currently involved with the following areas helping Missoula Residents to eat healthy

Health Care Providers: Provide tools, support, information about community resources and nutrition guidelines to health care providers.
Schools

Environment and Policy: Positively influence food and beverage choices in Missoula County Public Schools.

Coordinated Approach To Child Health (CATCH): A partnership with St. Patrick Hospital, to enhance nutrition and physical activities in schools.

Healthy Shopping/Smart Shopping: Help consumers make healthy food choices.

Buy Local: Participate on community food systems team.

Breastfeeding

Increase breastfeeding duration and frequency for all infants born in Missoula County.

Workplace and Community Events:

Vending: Encourage workplaces to stock vending machines and concession stands with healthy items.

Healthy food options: Partner with employers, community groups and faith organizations to make it easier for people to make healthy food choices.

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still be able to walk again the next day.

3. Deck Yourself Out with the Latest Gear

Simplicity is certainly one of the attractions of bicycling - you can just hop on your bike and start riding. But, there's also a lot of equipment available to make your ride safer and more comfortable. Things have come a long way since the days of the wool cycling shorts...for example:

A wide variety of helmets are available in different styles and price ranges. Your local bike dealer will help you get the right size and fit.

A sturdy lock is essential if you're planning on riding your bike and leaving it somewhere for awhile.

Front and rear lights and reflectors are required, and make good sense, if you're going to be riding at night or dusk

Padded shorts, gloves and other special clothing will make longer rides more comfortable, but probably aren't necessary for riding to the video store and back.

4. Safe Place to Practice
Again, if you really haven't ridden in a long time, it makes sense to regain your confidence on the bike and

practice somewhere safe as opposed to on the main road to work. Find a quiet street, trail, playground or empty parking lot and get back in touch with your bike handling skills. Practice looking behind you, making turns, stopping suddenly, dodging rocks or potholes, changing gears, and even getting on and off. If you are using toe clips or clipless pedals, take a few extra minutes to remind yourself how to get your feet out in a hurry!

5. Follow the Rules of the Road

When you're ready to hit the road or trail, remembering a few basic safety rules will help you avoid the most common mistakes that cause crashes.

—Always ride with traffic.

Forget what you heard in the past, you are better off riding with the flow of traffic, not against it. You are much more predictable and visible to motorists, especially at intersections and driveways.

—Don't ride on the sidewalk. Although you might think it's a safer option, motorists are simply not looking for bicyclists on the sidewalk, especially those riding against traffic. So at every driveway and intersection, you are at much greater risk of being hit

by a motorist than if you were riding on the road with traffic. Pedestrians will thank you for riding on the road as well.

—Ride on the trail, paved shoulder, bike lane, or bike route. But, you still need to follow the rules of the road and watch out for your fellow travelers. Ride to the right, signal your turns, obey traffic signs and signals.

—Be predictable and visible. Try not to be hesitant or do things that motorists and other travelers may not be expecting. Make sure everyone can see you and knows where you are and where you are going.

—Watch for turning traffic. Perhaps rather surprisingly, the crash data tells us that getting hit from behind is extremely unlikely. Most car/bike collisions happen at intersections and driveways when motorists or bicyclists are turning. So, at every intersection and driveway, keep a careful eye out for:

—Motorists turning right in front of you - you may be going faster than they think;
—Motorists turning left across your path - drivers are looking for gaps in traffic and may not be paying attention to anything other than other motor vehicles;

—Watch for stuff on the road or trail that might make you fall or swerve: rocks, trash, wet leaves, potholes, gravel, railroad tracks and even wet pavement markings can all send you flying.

6. Have Fun

Bicycling is fun, healthy, safe, convenient, and by riding you are setting a great example to others. So above all have a great time riding. Communities across the United States celebrate National Bike Month with all kinds of events and activities, so find out what's going on in your community, follow these simple tips, and have a great ride.

**Missoula Marathon**

On July 15, 2007, runners and walkers from all over will gather to participate in Missoula's first ever marathon. In addition to the traditional 26.2-mile marathon, there will be a half-marathon and a kid's marathon so that everyone can be involved.

Some of our worksites are grouping together to make training teams, finding a walking buddy, and supporting each other with the training. If your worksite would like more information on the marathon, check out <http://www.missoulamarathon.org/>.

100 Best Communities -Breakfast on The Bridges Celebration

May 25th, 8—10 a.m.
Missoula was recently designated one of the 100 Best Communities for Young People by America's Promise Alliance. Missoula's commitment to biking and walking was a role-player in receiving the "100 Best" honor. To celebrate, the first 100 commuters (families welcome!) that cross the

California and Madison Street Bike/Ped bridges receive a free cup of coffee or peppermint tea, treats, and a friendly hello. Mark your calendars--Friday, 5/25--and join Missoula In Motion and the Missoula Forum for Children and Youth in celebrating biking and our "Best" Missoula community award.



Contributed by: Chase Jones is Program Specialist at Missoula in Motion and the Way to Go Club. For more information on Transit Month or other Missoula in Motion programs, call (406) 258-4962 or email at cjones@co.missoula.mt.us

moveMissoula
301 W. Alder St.
Missoula, MT 59802

Phone: 406-258-4775
Fax: 406-258-3610

[http://www.co.missoula.mt.us/
healthpromo/move%
20worksites.htm](http://www.co.missoula.mt.us/healthpromo/move%20worksites.htm)



Yield: 6 servings
(serving size: 1 kebab)

NUTRITION PER SERVING:

CALORIES 194(29% from fat)
FAT 6.2g (sat 1g,mono 3.7g,poly 0.8g)
PROTEIN 28g
CHOLESTEROL 66mg
CALCIUM 63mg
SODIUM 274mg
FIBER 0.7g
IRON 2mg
CARBOHYDRATE 6.4g

Mediterranean Chicken and Vegetable Kebabs

Spring is here and so is grilling season. Try this recipe as an alternative to the typical grill fare. Serve over couscous tossed with a bit of salt, cherry tomatoes, and chopped fresh mint.

1/4 cup fresh lemon juice
2 tablespoons fresh chopped or 2 tea-
spoons dried oregano
2 tablespoons olive oil
1 1/2 pounds skinless, boneless chicken
breast, cut into 24 strips

18 (1/2-inch-thick) slices zucchini
1 fennel bulb, cut into 12 wedges
12 garlic cloves, peeled
1/2 teaspoon salt
1/4 teaspoon black pepper
Cooking spray

Combine first 6 ingredients in zip-top plastic bag; seal and shake well. Marinate in refrigerator 20 minutes. Remove chicken mixture from bag; discard marinade. Prepare grill.

Cook garlic cloves in boiling water 3 minutes; drain and cool.

Thread 4 chicken strips, 3 zucchini slices, 2 fennel wedges, and 2 garlic cloves alternately onto each of 6 (12-inch) skewers. Sprinkle with salt and pepper. Place kebabs on grill rack coated with cooking spray. Cook 8 minutes, turning once, or until chicken is done.

*Taken from: Cooking Light—[http://food.cookinglight.com/cooking/recipefinder.dyn?
action=displayRecipe&recipe_id=226640&package_id=235464](http://food.cookinglight.com/cooking/recipefinder.dyn?action=displayRecipe&recipe_id=226640&package_id=235464)*