



FOR IMMEDIATE RELEASE

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This Week's Healthy SC Challenge Tips First Family Encourages Healthy Changes in Nutrition, Exercise and Tobacco Use

Columbia, S.C. –February 5, 2010 - The Healthy SC Challenge is the Sanford family's effort to persuade all South Carolinians to do just a little more to live a healthier lifestyle. The tips are designed to encourage individuals and communities to live healthier lifestyles in three categories: nutrition, exercise and help to quit smoking. The tips can also be found on the challenge's website, www.healthysc.gov.

Healthy Tips

Nutrition

"Health food" does not have to be any less appetizing than unhealthy foods. A hamburger and French fries might seem easy and delicious, but you have the power to create tasty recipes that are also good for you! Recently, I tried a recipe for roasted broccoli from an Ina Garten/Barefoot Contessa cookbook called *Back to Basics*. I am not a huge fan of plain roasted broccoli, but I decided this recipe was something worth trying. I was right. It was a delicious and exciting new take on broccoli that I know will have me eating my green veggies more often. I recommend trying this recipe on your own family and searching for innovative new takes on healthy ingredients.

Ingredients

4 to 5 pounds broccoli
4 garlic cloves, peeled and thinly sliced
Good olive oil
1 1/2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
2 teaspoons grated lemon zest
2 tablespoons freshly squeezed lemon juice
3 tablespoons pine nuts, toasted
1/3 cup freshly grated Parmesan cheese
2 tablespoons julienned fresh basil leaves (about 12 leaves)

Directions

Preheat the oven to 425 degrees F.

Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalks. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 8 cups of florets. Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 5 tablespoons olive oil. Sprinkle with the salt and pepper. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned.

Remove the broccoli from the oven and immediately toss with 1 1/2 tablespoons olive oil, the lemon zest, lemon juice, pine nuts, Parmesan, and basil. Serve hot.

-Meg Milne, Director of the Healthy South Carolina Challenge

Physical Activity

Do you want to exercise more often but feel you don't have the energy to do so after fulfilling all of your other responsibilities? If you often feel like you don't have enough energy to exercise, you should consider changing your diet to better sustain an exercise regimen. Here are a few tips from Dr. Ann Kulz (www.drannwellness.com) to stay energized throughout the day:

- **Be sure to have some high quality protein at each feeding/meal.** The digestion of protein gives rise to a prolonged and sustained blood glucose level which translates to a steady and robust energy level. My top picks for energizing proteins are omega 3 fortified eggs, beans, fish, poultry, nuts, low-fat dairy products, and whole soy foods.
- **Indulge in a prudent portion (1/2 to 1 ounce) of high quality dark chocolate.** This delectable treat provides just the right amount of sugar and caffeine to jump-start dwindling energy levels and is loaded with some of the most powerful

antioxidants yet documented. These antioxidant flavanols enhance blood flow which provides an additional energy boost.

- **Drink a cup of freshly brewed tea.** Tea provides a modest amount of energy – boosting caffeine, along with super-potent antioxidants called catechins that increase blood flow. Tea is the only food I know of that can boost energy, enhance immunity, prevent cancer, and protect against heart disease all for zero calories!
- **Eat more beans!** I consider beans nature's most perfect energy-boosting food. They are a rich source of the body's preferred fuel – glucose – that's released steadily over a long period of time (this translates to immediate, but sustained energy). In addition, they are chock full of several B vitamins and minerals that play a key role in energy production at the cellular level.
- **Don't let yourself go hungry.** True hunger signifies low blood sugar levels, which means your brain and muscles will be deprived of the precious fuel they require to operate properly. Consume 3 meals a day with snacks between as necessary to keep ravenous hunger at bay. This will help maintain a steady blood glucose level, which translates to steady energy levels.
- **Strictly avoid trans fats (processed foods containing hydrogenated oils, stick margarine, many fried foods) and minimize saturated fats (red meat, butter, whole dairy products).** Both trans fats and saturated fats are energy busters because they impair blood flow. Decreased blood flow translates to decreased energy.
- **Avoid the "Great White Hazards"** – white flour products, white rice, white potatoes, and excess sugar. These quickly digested, high glycemic carbs give rise to a flash flood of glucose in your arteries that is always followed by a corresponding sharp and rapid drop in blood glucose levels shortly thereafter. Your brain and muscles simply can't function when blood glucose dips too low. Choose whole grains for your starch fix or fresh fruit for your sugar fix to avoid the blood glucose roller-coaster ride associated with their refined, Great White Hazard counterparts.

-Meg Milne, Director of the Healthy South Carolina Challenge

Tobacco

It's understandable to be concerned about someone you know who currently smokes. It's important to find out if this person wants to quit smoking. Most smokers say they want to quit. If they don't want to quit, try to find out why.

Here are some things you can do to help:

- Express things in terms of your own concern about the smoker's health ("I'm worried about...").
- Acknowledge that the smoker may get something out of smoking and may find it difficult to quit.
- Be encouraging and express your faith that the smoker can quit for good.
- Suggest a specific action, such as calling a smoking quitline, for help in quitting smoking.
- Ask the smoker for ways you can provide support.

Here are two things you should not do:

- Don't send quit smoking materials to smokers unless they ask for them.
- Don't criticize, nag, or remind the smoker about past failures.

-www.cancer.gov

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The Healthy SC Challenge is an outcome-based, cooperative effort aimed at encouraging individuals, communities and organizations across the state to show shared responsibility in developing innovative ways to improve the health of South Carolina's citizens. For more information about the Healthy SC Challenge, please visit www.healthysc.gov, or call 803-737-4772.