

# Crusade Fishing Tournament Cancelled because of High Water



## REGISTER TO WIN!

Enter to win one of two pairs of tickets to the Kenny Chesney Concert at Rupp Arena May 14th, 2011

Relax responsibly.  
Sponsored by State Health's U.S. Chicago, 6/2009

Courtesy of Corona Beer  
Must be 21 to Enter.



### The Wedding Bells of Wellness *Amy's Public Blog about getting in shape for her Wedding*

36 Days to go! Reality is finally setting in. The good news is that I am doing much much better at getting in my A.M workouts. Last week I did have to take extreme measures and leave four \$50 checks at my gym as an incentive to get up early and go work out. That incentive has been a huge help. I will also say, that since I have finally got to experience some early mornings at the gym, I have realized how nice it is to have extra time in the evenings. Extra time at night means more time to cook a healthy dinner, time to take the dog for a walk, time to spend with the family, and of course... more time to clean the house: This week I will continue with the check idea, as it seems to be a great motivator for me. I will also have Mike Graham check my body fat to make sure I am on track to hit my goal of losing 2% body fat by the wedding. We are also in the process of honeymoon planning and we are making sure that there will be plenty of physical activity included, as it is still my goal to come back from our vacation with absolutely no weight gain (again, I am not even sure this is possible but we will see). To all of you trying to get in the habit of daily exercise, keep up the good work! Behavior change does not come quickly...but it will come if you stay persistent. Have a Healthy Week!



## Amy's Healthy Advice

*You always hear that dark green veggies are really good for you, but do you know how good they really are?? This week we are focusing on SPINACH. This leafy green veggie is only 40 calories for one cup, and is one of the most nutrient dense veggies in the produce department. One cup of spinach is not only high in Vitamins K and A, but it also provides more than 20 different additional nutrients. WOW. No wonder this is Popeye's favorite food! In addition to all of those nutritional benefits, spinach also contains cancer-fighting antioxidants and helps improve cardiovascular and brain health. Once you buy that big bag of spinach how do you use it all without getting sick of eating salads??. Here are some ideas to help include spinach into your daily meals: Breakfast: add spinach to your omelet or quiche. Lunch: add spinach to a turkey/ham/veggie wrap, mix it with other leafy greens to make a salad. Dinner: sauté spinach with other veggies as a side item, top with grilled chicken or salmon to make a dinner salad, sauté and add to your spaghetti sauce (it doesn't really alter the taste of the sauce). For more recipe ideas check out the following website: [www.freshexpress.com](http://www.freshexpress.com). This week, pick up a bag of spinach and see how many different ways you can add it to your daily meals. Until next week... EAT MORE GREEN!!!*

