



SEPTEMBER  
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# Well NEWS

A Monthly Insight into Health and Wellness



## Eat Healthy and Save Money!

We all know about the extreme couponers who manage to get their groceries for mere pennies. On the other hand there are those people that want to make sure that their food is the best and healthiest possible regardless of the price. What if you could find the middle ground?

These simple steps could help you cut your monthly food bill while not compromising the quality of your food.

**MAKE A GROCERY LIST.** Most importantly stick to it. By planning your healthy meals in advance and making a grocery list, you're far less likely to give in to the temptations and buy impulse items (a.k.a. those unhealthy things you don't need) at the store.

**SHOP AROUND.** Research shows that consumers who do their weekly shopping at two or more stores save money (more than 15%, in fact) because they're more likely to take advantage of lower prices for specific items. For example, you will often get a better deal and fresher produce by shopping at your local farmers market instead of the grocery store.

**TRY GENERIC.** Store-brand products have come a long way. Not only are they often produced by brand-name manufacturers, some are even organic. They can be upwards of 20% cheaper than their name brand counterpart.

**AVOID GIMMICK PRICING.** Supermarkets can be clever in getting you to spend more. Promotions like "10 for \$10" and "4 for \$5" seem like great deals, but watch out. These promotions are often on unhealthy items and they may not actually be on sale. Even if they are, remember that you rarely need to buy the stated amount to get the sale price.

**PRICEY THINGS COME IN SMALL PACKAGES.** Tiny items are a great way to have automatic portion control; but they are often significantly higher in price. Your best bet is to buy the larger size and divvy it up yourself. (Use the nutrition label as a guide to know your portion size and nutrition stats.)

**TIME IS MONEY.** You pay a premium for "convenience," whether buying pre-packaged salad greens, pre-cut fruit or spice mixes. Overall, it's cheaper just to make your own salad, cut your own fresh fruit or mix your own spices. Plus, going DIY in the kitchen only adds about 10 extra minutes to meal prep and it keeps you active as you prepare your food.

## Inspiration



*"If you keep  
good food in  
your fridge, you  
will eat good  
food."*

*Erick McAdams*



## Newsletter Quiz

1. What tips do you plan to implement this month to save on grocery costs?
2. True or False...Seniors can continue to build muscle as they age?

To earn your Wellness Incentive Points, e-mail your response to [Katie@wellworksinc.com](mailto:Katie@wellworksinc.com) by September 30, 2013.





## LAY THE FOUNDATION FOR HEALTHY AGING By LAUREN WARD

We have all known someone who has fallen and broken a hip. In fact, on average one in three persons over the age of 65 falls each year. But have you ever heard of anyone breaking a hip, then falling?

This is actually more common than most people believe. A sedentary lifestyle coupled with aging weakens the core muscles of the body, which inevitably weakens the hip and leg muscles. Additionally, a lifestyle that lacks regular weight bearing activities can drastically diminish bone density. With compromised structural integrity of the skeletal system and decreased reaction time, a fall could be a serious life-changing event. Unfortunately, after a fall you are at a heightened risk of falling again.

Once believed to be a normal attribute to aging, digression has become a prime focus in the healthy aging, or rather, methods to prevent digression. Just because you are no longer in your 20's does not mean you are incapable of rebuilding your strength. Recent research suggests that seniors cannot only build muscle, but should participate in regular resistance training to promote muscle AND bone health. It is never too early to begin fall prevention, but it certainly cannot wait until it is too late.

This September, during healthy aging month, make the commitment to your health and get active. It is important that you choose an appropriate center to assist you in your wellness journey. Whether you were a college athlete, or you have never stepped foot in a gym, there are safe and effective programs that can help you live your life to the fullest.

*Lauren is a medically integrated fitness specialist, whose primary focus is on healthy aging and post rehabilitation functional fitness. She works one-on-one directly in homes throughout the St. Louis area.*

More information can be found at [www.homewardfitness.com](http://www.homewardfitness.com)

## Recipe

### OF THE MONTH Grilled Pineapple Teriyaki Chicken

#### Ingredients

- 1/4 cup teriyaki baste and glaze
- 1/4 cup pineapple preserves
- 1 tablespoon lime juice
- 2 tablespoons chopped fresh cilantro
- 4 boneless skinless chicken breasts (about 1 1/4 lb)
- 1/2 teaspoon black and red pepper blend
- 1/4 teaspoon salt
- 4 slices fresh pineapple (3/4 inch thick)

#### Preparation

1. Heat gas or charcoal grill. In small saucepan, mix teriyaki glaze, pineapple preserves and lime juice. Cook over low heat, stirring occasionally, until preserves are melted. Stir in cilantro. Set aside.
2. Sprinkle all sides of each chicken breast with pepper blend and salt. Place on grill over medium heat. Cook 10 minutes, turning once.
3. Meanwhile, cut 18-inch square sheet of heavy duty foil. Place pineapple slices in single layer on foil. Brush each with teriyaki mixture.
4. After chicken has cooked 10 minutes, place foil with pineapple on grill next to chicken. Brush chicken with teriyaki. Cook an additional 5-10 minutes, brushing chicken twice more with teriyaki mixture, until thickest part of chicken is 170°F.
5. Heat any remaining teriyaki mixture to boil for 1 minute and serve.

#### Nutrition

Per serving: 290 calories; 4.5g fat (1.5g sat); 85mg cholesterol; 30g carbohydrates; 32g protein; 1g fiber; 640mg sodium.

