



CLIP-N-SAVE!

www.foodfit.com

## Healthy Recipe: Simply Sautéed Fruit

### INGREDIENTS:

- 1 teaspoon butter
- 4 cups seasonal fruit, peeled and sliced (such as apples, peaches, pears, or blueberries)
- pinch of ground cinnamon (optional)

### NUTRITIONAL INFORMATION:

- Calories per serving: 126
- Fat: 1 g.
- Protein: 1 g.
- Sodium: 12 mg.
- Carbohydrates: 32 g.
- Fiber: 5 g.
- Saturated fat: 1 g.

### DIRECTIONS:

1. Melt the butter in a skillet over medium heat.
2. Add the sliced fruit and cinnamon.
3. Sauté until the fruit is soft. Serve with poultry, pork, or pancakes.

**Serving size:** about 1 cup. ✓



LifestyleTIPS®

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### Energize Your Life with a Pedometer

#### **Q: What kind of pedometer should I get?**

**A:** Pedometers come in many sizes, brands, and varieties. They may cost anywhere from \$5 to \$30 depending on how many “bells and whistles” it has. One that counts “steps” only will work just fine.

#### **Q: How do I wear one?**

**A:** Attach it to your pants or belt about half-way between your side and belly button. It should be inline with your knee. Make sure it's clipped firmly.

#### **Q: How do I get started?**

**A.** Start by wearing it each day for two weeks while maintaining your normal routine. Use a notebook to keep track of your steps at the end of each day. After two weeks, look at how many steps you take each day. Use the highest number as your step goal. Aim for that goal each day for the next two weeks. Be sure to log your steps in a notebook. At the end of this period, if you were successful, increase the number of steps for the next two-week period by 200 to 500 per day. Keep it up until you're able to do 10,000 steps a day. ✓

Source: Tim Lencki

### Monitor Your Heart Rate for Better Results

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of people there is a heart-rate range you should achieve for optimal cardiovascular results and safety. To determine the best range for you, I've put together a chart. (See below.)

Your target heart-rate zone is the number of beats per minute your heart should be during exercise. For most healthy individuals, it should be in the 50% - 80% range of your maximum heart rate.

Beginners should shoot for the low end of this zone (50%) while those more fit can push toward the high end (80%). Just find your age on the top line of the chart below and go to the number that corresponds you should achieve during exercise. *Keep in mind this is an*

*estimate for healthy people. If you are taking medications that alter your heart rate, you should consult your physician.*

Find your pulse in your wrist or neck and count for 10 seconds, then multiply this number by six to give you an estimate of beats per minute. Remember, your estimated target heart-rate zone is just that -an estimate! If you feel like you are exercising too hard, you probably are. Reduce your intensity to a range that is comfortable for you. ✓

*Tim Lencki is a strength and conditioning specialist, and author of "Fitness One Day at a Time." Visit Tim's website at [www.thefitnesseducator.com](http://www.thefitnesseducator.com).*

## Target Heart Rates

Age	20	30	40	50	60	70
50%	100	95	90	85	80	75
80%	160	152	144	136	128	120