

What's on your 2012 Bucket List? part 2

from www.fudiet.com by Sherry Pagoto, Ph.D., Associate Professor, UMass Medical School

Instead of the same old same old resolutions, make up your very own **2012 BUCKET LIST** of FUN and EXCITING healthy activities and events. Here are another five fun, healthy BUCKET LIST suggestions.

6. FRUIT OF YOUR LABORERS. If you really want to get more fruit into your diet, start a fruit club at work. Write up a schedule where each person in a small work area can sign up to cover a week. On your week, your job is to bring in a few bags of apples, bunches of bananas, oranges, pears, peaches, or whatever you choose for everyone for the week. If you have 10 people in the group, consider bringing about 50 pieces of fruit (1 per person/day) for the week. Then everyone has free rein to dig in all week long. Cut down on those trips to the vending machine!

7. MASSAGE OF THE MONTH CLUB. Getting healthy doesn't just mean healthy diet and exercise, it also means stress reduction. Too much stress can offset the benefits of an otherwise healthy lifestyle. Regular massage is excellent for stress reduction and loosening up those sore muscles. Find a spa or massage school (much less expensive) near you. Book one appointment each month of the year. This is a nice reward for your hard efforts at exercise and something to look forward to on a stressful week. If you feel it is too self-indulgent, you are just plain wrong! You deserve it!

8. PARTY LIKE A ROCK STAR. Well, a healthy rock star. Plan a fun party that is ALL about healthy food and activity. Design a healthy menu – find good healthy recipes at www.stepaheadprogram.com, www.cookinglight.com, www.eatingwell.com and <http://well.blogs.nytimes.com/category/eat-well/>. Or go potluck style and have people bring their favorite healthy dish to pass. For entertainment play games like Wii Just Dance, Wii Dance Dance Revolution, Wii Sports, Kinetic Sports, Kinetic Dance Central among many others. Start a competition! Even if it's in the dead of winter, you will be peeling off sweaters and opening up windows when the competition heats up.

9. LET IT SNOW. To combat the tendency to hibernate this winter, pick a winter sport to learn this year. Ideas include snowshoeing, snow hiking, cross country skiing, downhill skiing, snowboarding, or ice skating. Find a local facility that offers lessons and sign up. Bring a friend and fall on your face together!

10. ONE UP YOURSELF. Sign up for a race that represents your next milestone. Never done a race? Sign up for your first 5K using the [Couch-to-5K](http://www.couch-to-5k.com) program. If you have a few 5Ks under your belt, go for a 10K. Done the 10K? Might be time for a half marathon? Check out [Active.com](http://www.active.com) for the 2012 race schedule in your area and sign up right away!

Recipe of the Week: Chili casserole

adapted from Charred Chili Relleno by Rachael Ray – serves 4

4 Poblano or Cubanelle peppers
1 small onion
1 garlic clove
1 tablespoon oil
½ teaspoon cumin
1 teaspoon oregano
1 can black beans, drained and rinsed
1 can diced tomatoes, drained
¾ cup frozen corn kernels
1 cup grated cheese

1. Spray 9x13 baking pan with cooking spray. Preheat oven to 350 degrees.
2. Roast peppers under broiler, turning a few times, till charred all over. Put in a heatproof bowl and cover, Let sit till cool enough to handle. Peel off skin. Remove seeds. Put in baking pan.
3. Fry onion and garlic in oil. Add beans, tomatoes and corn. Cook a few minutes. Spread over peppers. Top with cheese.
4. Bake about 15 minutes till cheese is melted and light brown.

Nutrition facts: Calories: 328 Total Fat: 14g Saturated Fat: 6g
Sodium: 816 mg Dietary Fiber: 9g Protein: 17g

Tip of the Week: Having trouble sticking with your exercise plans? Try shorter workouts. People who exercised for 20 to 30 minutes were more likely to be consistent with their workouts than people who exercised for 45-60 minutes, according to a recent study conducted at Boston Sports Clubs.
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