



# DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

## Jump Around

Check out some of these jump rope records:

**Most single jumps in 1 minute:**  
343! Held by a 12-year old.

**Most single jumps in 3 minutes:**  
893.

**Most triple unders (rope passes under feet 3 times in one jump):**  
400 in a row.

**Most jumps in an hour:** 14,628.

### Jumping Tips

Your body should be erect but relaxed when you jump. Look straight ahead, not at your feet. Land on the balls of your feet, not on your heels. Keep your knees slightly bent. Try not to move your arms, but let your wrists turn the rope. Start slowly and work up to 2 minutes of consecutive jumping.

Source: United States Amateur Jump Rope Federation. [www.usajrf.org](http://www.usajrf.org)



# Might As Well JUMP!

By Mike Perko, PhD

**J**umping rope, that old childhood favorite, is a true championship exercise for overall cardiovascular fitness and toning up. No longer just regulated to boxers, jumping rope is a favorite among athletes from baseball players who use it to improve quickness, to soccer, basketball, and football players who want to increase overall fitness. Here are just a few of the amazing benefits of jumping rope.

- *You burn about 200 calories in 15 minutes; that's half the time it takes to burn the same amount of calories jogging.*
- *It combines both a cardiovascular and muscle toning exercise into one.*
- *It is a "low-impact" exercise, so it's relatively easy on the joints.*

Most importantly, a jump rope only costs about \$15 to \$20 and should last for many years. Your rope should have holding handles on both ends and ball bearings in the handles for easier turning. A good fitting rope should reach to your shoulders while holding one end on the ground with your foot. As with any other exercise, check with a physician before beginning any program if you have been inactive for a while. Now jump to it!





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## THANKSGIVING... The Right STUFFing

By Richard Collins, MD

**T**hanksgiving is an American right of passage—traditional recipes, secret family techniques, the rush of mashing, browning, basting, and slicing. Unfortunately, Thanksgiving also brings about “FATigue”—the desire to slump into a heap of hibernation after the meal. This FATigue is not the tryptophan in the turkey; it’s the fat in the food. But every Thanksgiving doesn’t have to be this way. Here are a few suggestions to take the fat out of traditional Thanksgiving FATigue:

- 1. Portion size is the easiest way to cut the fat. Instead of four tablespoons of gravy, downsize to two.*
- 2. Replace butter with reduced fat margarine or whipped light butter.*
- 3. Make sauces with evaporated fat-free skim milk or fat-free half & half.*
- 4. Full-fat dairy products (i.e., cheeses, sour cream, ice cream, whip cream) add saturated fat quickly. Switching to a lighter brand will cut the fat.*
- 5. Enjoy the turkey roasted and avoid deep fat frying. The breast meat is low in fat. Remove the skin and stay away from the darker meat, which has more fat and calories.*
- 6. For desserts, watch the excess sugar. A new sugar substitute called sucralose (found in the baking section of most grocery stores) may be a good option, and you won't have to sacrifice taste.*

Remember, Thanksgiving is a time to socialize—a time to be shared with friends and relatives. It’s not a time to start a diet. There’s no need to give up what you like to eat at Thanksgiving, just slightly change the recipe.

## Apple Raisin Bagel Pudding

Here is a unique recipe for those day-old bagels. The total calorie content in a single serving of this bagel pudding is less than 200 calories, making it a nice treat.

### What You'll Need:

- 4 raisin bagels, cubed
- 1 ½ cups egg substitute
- ½ cup brown sugar
- 1 tsp ground cinnamon
- 2 cups fat free milk
- 1 tsp vanilla
- 1 apple, finely chopped
- 1 cup organic raisins

### How to Prepare It:

Preheat oven to 350 degrees. Lightly spray a 2-quart casserole dish with cooking spray. In a medium size mixing bowl, pour egg substitute, cinnamon, milk, and vanilla, mix well. Arrange ingredients in the casserole dish starting with half of the bagels, half of the apples, half the raisins and half the egg mixture. Repeat the layers. Cover with foil and bake for 45 to 75 minutes depending on oven settings. Serve warm. Serving size, one 3 ½ inch square portion.

### Nutritional Analysis:

Calories 187, Fat less than 1g, carbohydrate 50g, protein 15g.



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