



Boston Marathon

Fitness Challenge 2017: March 27 - May 7

health matters.
EDUCATE ENGAGE EMPOWER CREATING A CULTURE OF WELLNESS

BOSTON MARATHON

RUNNER



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March 27, 2017

Think about how good you'll feel when you're done exercising today. - Fitness saying

Boston Marathon Fact

The Boston Marathon is the oldest marathon dating back to April 19, 1897. The first race included 18 entrants, 15 starters, and 10 finishers. Winner's time was 2:55:10. In its infancy it was known as the American Marathon. This marathon is also the fastest with a median time of 3:44.



Exercise Tip

Be steady and consistent. Find your exercise sweet spot - an optimum combination of factors and conditions - that makes daily activity happen.

Wellness Recipe: Boston Baked Beans

2 cups dried white beans, soaked overnight and drained
4 cups water
2 bay leaves
3/4 teaspoon salt, divided
1 yellow onion, chopped
1/2 cup light molasses
1 1/2 tablespoons dry mustard
1/4 course ground black pepper
3 strips thick-cut bacon, cut into 1/2-inch pieces

Directions In a large ovenproof pot combine the beans, water, bay leaves and 1/2 teaspoon of the salt over high heat. Bring to a boil. Reduce the heat to low, cover partially and simmer until the beans have softened but are

still firm, 65 to 75 minutes. Remove from the heat and discard the bay leaves. Don't drain the beans. Heat oven to 350 degrees F. Stir the onion, molasses, mustard, bacon, pepper, and the remaining 1/4 teaspoon salt into the beans. Cover and bake until the beans are tender and coated with a light syrup, 4 1/2 to 5 hours. Check periodically to make sure the beans don't dry out, stirring and adding hot water as needed. Nutritional analysis per serving. Serving size: About 1/3 cup Calories 152 Total fat 4 g Saturated fat 1 g Trans fat Trace Monounsaturated fat 2 g Cholesterol 6 mg Sodium 215 mg Total carbohydrate 31 g Dietary fiber 8 g Added sugars 10 g Protein 9 g

March 28, 2017

Your life does not get better by chance. It gets better by change. - Jim Rohn

Boston Marathon Fact

The starting line is permanently painted on the ground. Each year, the line is repainted by Jack Leduc. Locals spend up to 30 hours crafting Jack's one-of-a-kind stencil and transferring his art to the pavement - only for it to be destroyed in seconds by thousands of stomping feet. Runners don't hit Boston for another 24.5 miles.



Nutrition Tip

Everyone has a daily calorie limit. Whether you are maintaining a healthy weight or trying to lose a few pounds, be honest with yourself about your calorie budget based on age, gender, and physical activity levels. Avoid frustration and build a healthy diet.

Wellness Recipe: Boston Chicken

- 1/4 teaspoon paprika
- 1/4 teaspoon black pepper
- 1 tablespoon lime juice
- 1 tablespoon honey
- 1/4 cup vegetable oil
- 1 lb. boneless, skinless chicken breasts

Preparation 1. In a small bowl, combine the paprika, pepper, lime juice, honey and oil. Mix well. 2. Place chicken on a foil lined baking sheet and baste with some of the oil mixture. 3. Bake at 400 degrees for 30 - 40 mins., or until meat is cooked through and no longer pink, basting every 10 mins. with the oil mixture. 4. Remove from oven and serve. Nutrition info: Calories 267; Fat 15 grams; Cholesterol 66mg; Carbs 5 grams; Fiber 0; Protein 26 grams; Sodium 78mg

March 29, 2017

Every single organ in the body is affected by sleep and can be improved by sleep. - Jaime Boero, M.D., Ph.D.

Boston Marathon Fact

The Boston Marathon always takes place on the third Monday in April, also known as Patriot's Day. Patriot's Day is a civic holiday in Massachusetts, commemorating the battles of Lexington and Concord, the first two battles of the Revolutionary War. The 121st Boston Marathon will take place on April 17, 2017.



Sleep Tip

Keep a regular schedule. Wake up and go to bed at the same time every day, including weekends.

Wellness Recipe: Turkey and Cucumber Sandwich

Makes: 4 Servings

- 8 slices whole wheat bread
- 1/2 cup plain low-fat free yogurt
- 2 fresh dill sprigs (chopped)
- 1/2 cup cucumbers, chopped
- 1/4 cup onion, chopped
- 1/8 teaspoon black pepper
- 8 ounces turkey breast, thinly sliced
- 1/8 teaspoon salt

Directions 1. Mix the yogurt, dill, onion, pepper and chopped cucumbers. 2. Divide the yogurt/cucumber mixture on all 8 slices of bread. 3. Top the whole wheat bread with turkey and cucumber slices. Nutrients Calories 245 Total Fat 2g Saturated Fat 0g Cholesterol 26mg Sodium 317mg Total Carbohydrate 28g Dietary Fiber 5g Total Sugars 8g Added Sugars included 4g Protein 21g

March 30, 2017

Water is the only drink for a wise man. - Henry David Thoreau

Boston Marathon Fact

Approximately 500,000 spectators line the 26.2 mile course annually according to estimates by police and public safety officials. That large number is approximately 80% of Boston's total population!

Hydrate Tip

Make hydrating a priority - carry a water bottle to drink on the go. Invest in a water bottle you like and meets your needs.



Wellness Recipe: Garden Frittata

Makes: 4 Servings

- 4 large eggs
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 medium unpeeled red potatoes
- 1/2 tablespoon olive oil
- 4 cups Italian kale, or other kale variety
- 1/4 cup chopped onion
- 1/2 red bell pepper (chopped)

Directions 1. Beat eggs, pepper, and salt in large bowl, set aside. 2. Microwave potatoes until slightly soft, but not completely cooked, then cube. 3. Chop remaining vegetables while potatoes cool. Mix vegetables together. 4. Heat oil in a

10-inch non-stick skillet. Saute vegetables for 5-8 minutes; add to eggs and mix well. 5. Pour egg-vegetable mixture into the same skillet. Cook over low to medium heat until eggs are almost set, about 8-10 minutes. 6. Cover and let sit until eggs are completely set, about 5 minutes. Egg dishes should be cooked to 160 degrees F. Calories 180 Total Fat 7 g Saturated Fat 2 g Cholesterol 185 mg Sodium 240 mg Total Carbohydrate 22 g Dietary Fiber 3 g Total Sugars 3 g Added Sugars included 0 g Protein 9 g

March 31, 2017

To enjoy the glow of good health, you must exercise. - Gene Tunney

Boston Marathon Fact

Top male and female finishers each receive \$150,000. An additional \$25,000 is awarded if a course record is set. Not bad for a couple of hours of work!

Exercise Tip

Set realistic and attainable goals. Tiny changes that increase healthy behaviors are the key to long-term adherence. Make it a habit to walk every day, and add time, distance, and intensity from there.



Wellness Recipe: Pineapple Wrap

Makes: 4 Servings

Ingredients

- 1 can sliced peaches (15 oz, drained)
- 1 can pineapple tidbits in juice (drained)
- 1/2 cup red or green bell pepper (chopped)
- 1 teaspoon cinnamon
- 4 whole wheat tortillas (10-inch)
- 1/2 cup chunky peanut butter
- 3 cups lettuce (shredded)

Directions 1. In a medium bowl, combine peaches, pineapple, bell pepper and cinnamon. 2. Warm the tortillas. 3. Spread 2 tablespoons of peanut butter on one side of each tortilla, leaving room on the edges. 4. Spoon equal portions of the peach

mixture over peanut butter, then top with lettuce. 5. Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll so the tortilla covers the filling. Nutrients Amount Calories 430 Total Fat 15 g Saturated Fat 3 g Cholesterol 0 mg Sodium 600 mg Total Carbohydrate 64 g Dietary Fiber 8 g Total Sugars 23 g Added Sugars included 1 g Protein 13 g

April 3, 2017

The way you start your day determines how well you live your day. - Robin Sharma

Boston Marathon Fact

Runners must be 18 years of age on the day of the marathon. There are no upper age limits. In 2015, 82-year-old Katherine Beiers completed her 11th Boston Marathon in 5:53.



Nutrition Tip

Start each day with a delicious, nutrient-packed breakfast. Research shows those who eat breakfast are better able to lose weight and maintain a healthy weight.

Wellness Recipe: Potato, Black Bean, and Kale Skillet

Makes: 4 Servings

- 4 red potatoes
- 2 1/2 cups kale (curly Italian or other variety, approx. 6 oz.)
- 2 tablespoons olive oil
- 1 clove garlic (minced)
- 1/4 cup chopped onion
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 can 15 oz. no salt added black beans (drained and rinsed)
- 1/2 cup nonfat plain Greek yogurt

Directions Dice potatoes into 1/4" pieces. Chop kale. Heat oil, in large skillet over medium heat, Add garlic and onions; cook 2-3 minutes until just starting to brown. Add diced potatoes, chili, salt, and pepper to skillet, cover with lid and cook 8-10 minutes, stirring occasionally. Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently. Serve with Greek yogurt. Nutrients Amount
Calories 290 Total Fat 7 g Saturated Fat 1 g Cholesterol 0 mg Sodium 200 mg Total Carbohydrate 47 g Dietary Fiber 8 g Total Sugars 3 g Added Sugars included 0 g Protein 13 g

April 4, 2017

A good laugh and a long sleep are the two best cures for anything. - Irish proverb

Boston Marathon Fact

Runners are categorized by gender, then by age. The age categories are: Men's and Women's Open (age 18-39), Masters (40-49), Veterans (50-59), Seniors (60-69), and 70 & Over. Qualifying times depend on the age of the participant on the day of the race. Runners often look for fast, flat courses to qualify for the Boston Marathon. However, once an individual qualifies for the race, most earn a spot back by running this famous marathon year after year.

Sleep Tip

Create a restful environment. Keep the bedroom temperature comfortable and make certain the room is dark enough.



Wellness Recipe: Eggplant Lasagna Rolls

Makes: 6 Servings

6 whole-grain lasagna sheets
1/4 cup olive oil
1 small onion, diced
2 cloves garlic, finely chopped
1/4 cup water
2 small eggplants, peeled and diced
2 small carrots (diced)
1 red bell pepper, seeded and diced
18 black olives, pitted and finely chopped
1 tablespoon finely chopped fresh cilantro leaves
1/4 teaspoon salt
1 cup shredded low-fat mozzarella cheese
3/4 cup tomato sauce

Directions 1. Preheat the oven to 350 degrees F. 2. In a large pot of boiling water, cook the lasagna until tender, about 7 minutes. Drain the

lasagna and let it cool on a flat surface. 3. While the lasagna is boiling, in a large saute pan over moderate heat, warm the olive oil. Add the onion, garlic, water, eggplants, carrots, bell pepper, olives, cilantro, and salt and cook, stirring occasionally, until the veggies are tender, about 8 minutes. 4. On a work surface, spread about 2 tablespoons of the eggplant filling over each lasagna noodle. Using about half of the total amount, divide the cheese among the lasagna noodles. Starting with the edge closest to you, roll each lasagna noodle tightly then secure with a toothpick. 5. Place the lasagna rolls in a large baking dish and cover each one with some tomato sauce and the reserved cheese. 6. Bake until the cheese is golden, 15 to 20 minutes. Nutrients Amount Calories 373 Total Fat 16 g Saturated Fat 4 g Cholesterol 11 mg Sodium 619 mg Total Carbohydrate 45 g Dietary Fiber 6 g Total Sugars 6 g Added Sugars included 0 g Protein 15 g

April 5, 2017

Drinking water is like washing out your insides. The water will cleanse the system, fill you up, decrease your caloric load and improve the function of all your tissues. - Kevin R. Stone

Boston Marathon Fact

In 1967, Kathrine Switzer became the first woman to receive a number to run in the Boston Marathon. She had to disguise herself and completed the race in 4 hours and 20 minutes. Females were not officially allowed to enter until 1972.

Hydrate Tip

Make a habit of drinking a glass of water before each meal.



Wellness Recipe: Sweet Potato Quesadillas

Makes: 4 Servings

- 1 non-stick cooking spray
- 1 medium sweet potato
- 1 cup black beans, canned
- 1 small onion
- 1 clove garlic
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons paprika
- 1/2 large chili pepper
- 2 tablespoons sour cream, low-fat OR reduced fat plain yogurt
- 8 whole wheat tortillas
- 1/4 cup cheddar cheese, reduced-fat
- 1/2 cup baby spinach

Directions 1. Saute onion and garlic (using nonstick cooking spray) in a medium size pan until soft. 2. Add mashed sweet potatoes, black beans, spices, and jalapeno. 3. Heat until just warm. 4. Spread potato mixture over tortilla, then top with baby spinach, cheese, and onion. 5. Top with second tortilla. 6. Heat a pan on high heat and spray with nonstick cooking spray. 7. Brown quesadilla about one minute on each side, until the inside is warm and the cheese is melted.

April 6, 2017

Nothing worth having comes easy. - Fitness Saying

Boston Marathon Fact

In 1975, Boston became the first major marathon to include a wheelchair division. Bob Hall finishes the race in 2:58 in a wheelchair.



Exercise Tip

Use the EHA Wellness Buddy System. Find a good friend or relative whom you like and trust who also wants to establish a healthier lifestyle. Encourage one another. Exercise together. Strengthen the relationship.

Wellness Recipe: Corn Bake

Makes: 6 servings

- 1 can cream-style corn (14.75 ounce)
- 3 3/4 cups broccoli (frozen, cooked)
- 1 egg (beaten)
- 1/2 cup cracker crumbs (crushed)
- 1/4 cup margarine
- 6 saltine crackers (crushed)
- 1 tablespoon margarine (melted)

Directions 1. Mix corn, broccoli, egg, cracker crumbs and margarine together in greased 1 1/2 quart casserole. 2. Mix topping ingredients together in small bowl. Sprinkle over corn mixture. 3. Bake at 350 degrees for 40 minutes. Nutrients Amount
Calories 205 Total Fat 11 g Saturated Fat 2 g Cholesterol 31 mg Sodium 401 mg Total Carbohydrate 24 g Dietary Fiber 3 g Total Sugars 4 g Added Sugars included 2 g Protein 5 g

April 7, 2017

Eat food. Not too much. Mostly plants. - Michael Pollan

Boston Marathon Fact

Of the 30,741 runners who entered the race in 2016, 27,487 actually ran, and 26,639 finished - a 96.9% success rate!



Boston Marathon Records:

Best Men’s Open Time: 2:05:52 - Robert Kiprono Cheruiyot, Kenya (2010)
Best Women’s Open Time: 2:18:57 - Rita Jeptoo, Kenya (2014)
Best Men’s Wheelchair Time: 1:18:27 - Earnst Van Dyk, South Africa (2004)
Best Women’s Wheelchair Time: 1:34:06 Wakato Tsuchida, Japan (2011)
Most marathons run: John A. Kelley finished 58 of the 61 races he ran.

Nutrition Tip

Eat the bulk of your calories early in the day with a large healthy breakfast and then taper off as the day goes on.

Wellness Recipe: Celery with Blue Cheese

Makes: 4 Servings

- 2 tablespoons crumbled blue cheese
- 3 tablespoons low-fat cream cheese
- 1/2 cup low-fat yogurt (plain)
- 4 dried apricots
- 4 dried figs or dates
- 1/4 cup pecans
- 8 stalks celery

Directions 1. Chop dried fruit and pecans. 2. Mix blue cheese, cream cheese, and yogurt with a fork or hand mixer until smooth. 3. Stir in chopped, dried fruit and pecans. Refrigerate spread until ready for use. 4. Slice celery stalks into 3-4 inch sticks. 5. Fill celery pieces with spread.
Calories 140 Total Fat 6 g Saturated Fat 2 g Cholesterol 5 mg Sodium 220 mg Total Carbohydrate 16 g Dietary Fiber 3 g Total Sugars 12 Added Sugars included 0 g Protein 6 g

April 10, 2017

The best way to see what tomorrow brings is to sleep through the night. - Unknown

Boston Marathon Fact

In 2007, the marathon initiated a wave start. Next Monday, April 17, the start times are as follows:

Mobility Impaired 8:50 a.m. ET
Men's Push-Rim Wheelchair 9:17 a.m. ET
Women's Push-Rim Wheelchair 9:19 a.m. ET
Handcycles & Duos 9:22 a.m. ET
Elite Women* 9:32 a.m. ET
Elite Men & Wave One 10:00 a.m. ET
Wave Two 10:25 a.m. ET
Wave Three 10:50 a.m. ET
Wave Four 11:15 a.m. ET



Sleep Tip

Set up a "wind-down" period before bedtime to help clear your mind. Stop any activity that energizes you 30 to 60 minutes before bed. This includes watching TV, using a computer or playing video games. Instead, try a hot shower or warm bath, reading, listening to mood music, meditation or deep-breathing exercises.

Wellness Recipe: Chicken Dumpling Soup

Makes: 8 servings

For the Soup:

2 tablespoons vegetable oil
2 cups carrot, chopped
1 cup onion, chopped
1 cup celery, chopped, including some leaves
8 cups chicken broth, fat free, reduced sodium
2 cups cooked chicken breast, shredded
1/2 teaspoon black peppercorns
1 teaspoon dried thyme
2 bay leaves
2 cups fresh spinach leaves, coarsely chopped

For the Dumplings:

1 cup whole wheat flour
1 cup all-purpose flour
3/4 cup skim milk
1 egg, large

Directions 1. Heat oil in Dutch oven or soup kettle over medium-high heat. 2. Saute carrot, onion and celery for 5 minutes; stir in broth, chicken, peppercorns, thyme and bay leaves. 3. Reduce heat to low; simmer, partially covered for 20 minutes. 4. Meanwhile, in small bowl, mix dumpling ingredients until well blended. 5. Drop small spoonfuls of dumpling dough into simmering soup. 6. Cover soup and allow dumplings to cook for about 20 minutes (they will rise to the top of the soup as they cook). 7. Stir in spinach. 8. Remove bay leaves before serving soup. Nutrients Amount Calories 243 Total Fat 6 g Saturated Fat 1 g Cholesterol 54 mg Sodium 534 mg Total Carbohydrate 30 g Dietary Fiber 4 g Total Sugars 4 g Added Sugars included 0 g Protein 18 g

April 11, 2017

Pure water is the world's first and foremost medicine. - Slovakian Proverb

Boston Marathon Fact

A total of 81 official participants have completed 25 or more consecutive Boston Marathons. This year there will be 43 runners on the Boston Marathon's Elite Athlete Team. These athletes have won more than 85 global marathons.

Hydrate Tip

Link drinking water with some of your most common daily activities. Have a drink of water after every bathroom break.



Wellness Recipe: Curried Chicken

Makes: 4 Servings

Ingredients

- 1 1/2 teaspoons olive oil (extra virgin or virgin)
- 2 boneless, skinless chicken breasts (about 12 oz, diced into 1 inch cubes)
- 2 cups sliced fresh white mushrooms
- 2 cups sliced cremini mushrooms
- 1/2 medium red bell pepper (cut into 3/4" squares)
- 2 cups low sodium chicken broth
- 1 cup raisins
- 2 cups instant whole-grain rice
- 1 1/2 tablespoons curry powder

Directions Heat olive oil in large saute pan. With heat on medium-high, place chicken in pan and cover with lid. Cook chicken about 5 minutes. Add mushrooms and peppers to pan and saute 3-4 minutes. Add chicken broth. Gently mix in raisins, rice, and curry powder; bring to boil, reduce heat and cover. Simmer until rice is done; fluff with fork and let sit 3-5 minutes before serving. Nutrients Amount Calories 440 Total Fat 6 g Saturated Fat 1 g Cholesterol 55 mg Sodium 410 mg Total Carbohydrate 71 g Dietary Fiber 6 g Total Sugars 24 g Added Sugars included 0 g Protein 27 g

April 12, 2017

Making excuses burns zero calories per hour. -
Fitness Saying

Boston Marathon Fact

The Boston Marathon does not allow pacers of any kind. It's just you and 26.2 miles of road!

Exercise Tip

Make your exercise plan fit into your busy life. You don't need fancy just faithful.



Wellness Recipe: Avocado Bruschetta

Makes: 4 Servings

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- 1/2 cup chopped fresh basil (plus 2 tbsp for garnish)
- 4 eggs (hard-boiled)
- 12 slices whole-wheat baguette bread
- 1/4 cup ricotta cheese (reduced-fat)
- cracked black pepper to taste

Directions 1. Dice avocado, tomatoes, and green onions. 2. Peel and chop hard-boiled eggs. 3. Reserving 2 tbsp. basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste. 4. Toast baguette slices and smear with ricotta cheese. 5. Top with avocado mix and garnish with chopped basil. Nutrients Amount Calories 340 Total Fat 17 g Saturated Fat 4 g Cholesterol 190 mg Sodium 434 mg Total Carbohydrate 32 g Dietary Fiber 9 g Total Sugars 6 g Added Sugars included 1 g Protein 17 g

April 13, 2017

You have to get healthy to lose weight, not lose weight to get healthy. - Diane Schwarbein

Boston Marathon Fact

Each year over 8,000 volunteers make this amazing race possible.

Nutrition Tip

Healthy snacks maintain energy levels between meals and after workouts. Eat snacks from at least two food groups - whole grains, lean proteins, healthy fats, fruits, and vegetables.



Wellness Recipe: Potato Scramble

- Makes: 2 Servings
- 2 sweet potatoes
- 1 cup Brussels sprouts
- 1 garlic clove, peeled and crushed
- 1 tablespoon olive oil
- 1 teaspoon apple cider vinegar
- 1 pinch salt
- 1 pinch pepper
- 1/2 cup mushrooms, chopped
- 4 large eggs
- 2 tablespoons milk
- 1/4 cup low-fat cheese
- 1/4 cup whole-wheat breadcrumbs
- 1/4 cup ham, shredded

Directions Preheat the oven to 400 degrees F. Wash and dry the sweet potatoes, place on a large baking sheet, and bake for 40 minutes. In a baking dish, toss the Brussels sprouts with the garlic, olive oil, apple cider vinegar, salt, and pepper. Add to the oven where the sweet potatoes are baking.

After 10 minutes, add the mushrooms, and cook for another 10 minutes, or until the veggies are slightly browned. In a small bowl, whisk together the eggs and milk. Cook in a nonstick pan over medium heat for about 2 minutes, or until the eggs are scrambled. When the potatoes and veggies are cooked, remove from the oven (leave the oven on) and carefully cut the sweet potatoes in half lengthwise, being careful not to rip the skin. Scoop out the sweet potato flesh and place in a medium bowl. Add the Brussels sprouts-mushroom mixture and the scrambled eggs, mix together well, and place into the potato skins. Sprinkle the cheese, breadcrumbs, and shredded ham on top of each potato half. Bake for 5 minutes, or until the cheese has melted. Nutrients Amount Calories 437 Total Fat 19 g Saturated Fat 5 g Cholesterol 386 mg Sodium 643 mg Total Carbohydrate 43 g Dietary Fiber 6 g Total Sugars 11 g Added Sugars included 1 g Protein 25 g

April 14, 2017

Sleep is the most important part of recovery. - Health Saying

Boston Marathon Fact

In 1970 qualifying standards were first introduced. At that time runners had to prove that they could run a marathon under four hours. For Monday's 2017 Boston Marathon, times have tightened significantly since then in most all age categories. This ensures that the most competitive individuals race.

Men's 2017 Qualifying Standard

18-34	3hrs 05min 00sec
35-39	3hrs 10min 00sec
40-44	3hrs 15min 00sec
45-49	3hrs 25min 00sec
50-54	3hrs 30min 00sec
55-59	3hrs 40min 00sec
60-64	3hrs 55min 00sec
65-69	4hrs 10min 00sec
70-74	4hrs 25min 00sec
75-79	4hrs 40min 00sec
80 and older	4hrs 55min 00sec

Women's 2017 Qualifying Standard

18-34	3hrs 35min 00sec
35-39	3hrs 40min 00sec
40-44	3hrs 45min 00sec
45-49	3hrs 55min 00sec
50-54	4hrs 00min 00sec
55-59	4hrs 10min 00sec
60-64	4hrs 25min 00sec
65-69	4hrs 40min 00sec
70-74	4hrs 55min 00sec
75-79	5hrs 10min 00sec
80 and older	5hrs 25min 00sec

Sleep Tip

Avoid caffeine (a stimulant) six hours before bedtime. This includes sports drinks, energy drinks, coffee, tea, soda, diet supplements and pain relievers that contain caffeine.



Wellness Recipe: Italian Omelet

Makes: 4 Servings

- 1 can corn (drained, about 15 ounces)
- 1/4 cup low-fat milk
- 4 large eggs
- 1 green pepper (sliced into thin strips)
- 1 onion (peeled and chopped into small pieces)
- 2 tablespoons Parmesan cheese (grated)
- 2 teaspoons vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 1/4 teaspoon black pepper

Directions 1. Preheat oven to 350 degrees F. 2. In a medium mixing bowl, beat the eggs with the milk, salt, pepper, and chili powder. Cover and set aside. 3. In a large skillet over medium heat, cook onion and green pepper until tender, about 5 minutes. 4. Add the corn. Cook for 5 more minutes, stirring once in a while. Reduce heat to low and stir. 5. Pour egg mixture over the vegetables in the skillet. 6. Cook on the stove top until the eggs begin to set,

about 3 to 4 minutes. 7. Sprinkle cheese evenly on top. 8. If the skillet is oven-proof, place in the oven and bake until eggs are fully set, about 7 to 10 minutes. 9. If the skillet is not oven-proof, cover and continue to cook on the stove until eggs are fully set, about 7 to 10 minutes. 10. Remove from oven or stovetop heat and let stand for 1 minute. 11. Cut into wedges and serve. Calories 160 Total Fat 7 g Saturated Fat 2 g Cholesterol 180 mg Sodium 310 mg Total Carbohydrate 19 g Dietary Fiber 2 g Total Sugars 6 g Added Sugars included N/A Protein 9 g

April 17, 2017

Drinking water is essential to a healthy lifestyle. -
Stephen Curry

Boston Marathon Fact

The Boston Red Sox always play a home game on Patriot's Day. This gives baseball fans the chance to root for runners in Kenmore Square. Kenmore square is the best spot to watch the Boston Marathon. It is at the 25-mile mark. Marathoners are struggling to reach the finish line on Boylston Street and need all the encouragement they can get. Kenmore Square is wide and open with plenty of room for thousands of spectators who begin gathering and securing spots early on Marathon Monday.



Hydrate Tip

Monitoring urine color is an easy way to assess hydration status; it should be pale yellow.

Wellness Recipe: Mushroom Enchilada Casserole

Makes: 8 servings

2 teaspoons olive oil
1 onion (medium, chopped)
2 garlic clove (minced)
3 yellow banana chile peppers (seeded, deveined and minced)
3 pounds mushroom (sliced)
1 1/2 cups enchilada sauce (14 ounce can, preferably green)
8 corn tortillas (6 inch, cut in half)
1/4 teaspoon salt
1/2 teaspoon oregano leaves (dried)
2 packages frozen chopped spinach (10 ounce, thawed)
6 1/2 ounces reduced fat Monterey jack cheese (grated)

Directions 1. Heat oil in a very large non-stick skillet. Add onion, garlic and peppers and stir. Add

mushrooms and cook about 15 to 20 minutes, until liquid evaporates. (If pan is not large enough, cook mushrooms in batches.) 2. Pour half of the enchilada sauce into a 13x9-inch baking dish. 3. Arrange 8 tortilla halves over the sauce in the baking dish. Preheat the oven to 350 degrees. When mushrooms are cooked, stir in the salt and crumble in the oregano leaves. Drain the spinach, squeeze it dry and mix it thoroughly with the mushroom mixture. Spoon half the mushroom mixture into the baking dish, carefully covering tortillas. 4. Set aside 1/4 cup (about 1 ounce) of grated cheese. Sprinkle the rest of the cheese on top of the mushroom mixture. Layer with the remaining 8 tortilla halves, then the remaining mushroom mixture and enchilada sauce. Sprinkle top of casserole with the remaining 1/4 cup cheese. Cover baking dish with foil and bake for 30 minutes, or until casserole is steaming hot in the center. Calories 220 Total Fat 9 g Saturated Fat 4 g Cholesterol 15 mg Sodium 630 mg Total Carbohydrate 25 g Dietary Fiber 6 g Total Sugars 6 g Added Sugars included N/A Protein 15 g

April 18, 2017

All you need is the courage to believe in yourself and put one foot in front of the other. - Kathrine Switzer

Boston Marathon Fact

Kathrine Switzer, the first woman to run the Boston marathon, ran the course 50 years after her historic run in 1967. Switzer completed the 2017 race in 4 hours 44 minutes, only 24 minutes slower than her performance in 1967.

Exercise Tip

Be happy! Select physical activities you actually enjoy doing. You can experience the benefits of exercise with any type of training or activity. Choose something that is convenient you'll do every day.



Wellness Recipe: Green Bean Casserole

Makes: 8 Servings

4 cups fresh green beans (trimmed)
1 cup onion (diced)
2 cups mushrooms (diced)
1 tablespoon butter
2 tablespoons flour
1 cup skim milk
1 tablespoon Worcestershire sauce
1/8 teaspoon black pepper
1/8 teaspoon garlic powder
3/4 teaspoon salt
16 low sodium whole wheat crackers
1 teaspoon olive oil
1/2 teaspoon onion powder

Directions 1. Preheat the oven to 350 degrees. 2. Blanch the green beans in boiling water for about 4 minutes for crisper beans or longer for a softer texture. Then plunge in ice water. Drain and set aside. 3. Place diced onions and mushrooms in a microwaveable bowl and

microwave for about 2.5 minutes on high to soften. Set aside. 4. Melt the butter over medium heat. Once melted, stir in flour with a whisk and cook for about 1 minute (continuously whisking). 5. Whisk in the milk and cook over low heat until you have a thick white sauce. 6. Stir in Worcestershire sauce, garlic powder, black pepper, and salt. 7. Stir the drained green beans, onions, and mushrooms into the white sauce (including any liquid with the onions and mushrooms). 8. Pour into a casserole dish sprayed with nonstick spray. 9. Crush the crackers and toss cracker crumbs with olive oil and onion powder. Sprinkle over the top of the casserole. 10. Bake at 350 degrees F for about 30 minutes or until crackers are golden brown. Calories 111 Total Fat 4 g Saturated Fat 1 g Cholesterol 4 mg Sodium 274 mg Total Carbohydrate 17 g Dietary Fiber 3 g Total Sugars 4 g Added Sugars included 0 g Protein 4 g

April 19, 2017

Time and health are two precious assets that we don't recognize and appreciate until they have been depleted. - Denis Waitley

Boston Marathon Fact

While the Boston Marathon is not the most difficult marathon in the U.S., the course is tough due to a series of four hills. Heartbreak Hill is last between miles 20 and 21. This occurs at the point where many marathoners are likely to "hit the wall". This 88-foot climb and finish is a serious mental and physical accomplishment.



Nutrition Tip

Consult with a Registered Dietitian (R.D.). Whether you want to lose weight, build muscle, run a marathon, or lower your cholesterol, these nutritional experts will give you personalized, evidence-based nutrition advice. An R.D. will assist you through accountability and knowledge you can trust to reach your goals.

Wellness Recipe: Potato Skillet

Makes: 4 Servings

10 petite red potatoes

1/2 teaspoon salt

1/4 teaspoon pepper

1 pound chicken pieces

2 tablespoons extra virgin olive (divided)

1 tablespoon chopped fresh rosemary (or 1 teaspoon dried rosemary)

4 cloves garlic (minced)

2 1/2 cups frozen green beans (thawed, 12 oz. bag)

1 lemon (zested and juiced)

Directions 1. Cut each potato into 4 wedges. Place in a large microwave-safe bowl and season with salt and pepper. Microwave on HIGH for 4 minutes. Stir and microwave for 4 minutes more. 2. While potatoes are cooking, cut each chicken tenderloin into 4

equal pieces. 3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken and cook for 5 minutes or until nicely browned, stirring frequently. 4. Add remaining oil and potatoes; cook and stir for 5 minutes more to brown potatoes and fully cook chicken. 5. Stir in rosemary, garlic, green beans, lemon zest and juice. Cook for a few minutes more to heat through. Season to taste with salt and pepper. Calories 310 Total Fat 10 g Saturated Fat 2 g Cholesterol 75 mg Sodium 450 mg Total Carbohydrate 27 g Dietary Fiber 4 g Total Sugars 4 g Added Sugars included 0 g Protein 28 g

April 20, 2017

Sufficient sleep, exercise, healthy food, friendship and peace of mind are necessities, not luxuries. - Mark Halperin

Boston Marathon Fact

Since the first Boston Marathon in 1897, the women of Wellesley College have cheered on the runners. During the last 40 years their section has changed into a "scream tunnel". Runners say they can hear the cheering for more than a mile away. This provides the perfect boost at the halfway point of the race.

Sleep Tip

Don't go to bed on a full stomach or hungry. If you're hungry near bedtime, try a light snack of cheese, turkey or crackers with a glass of milk.



Wellness Recipe: White Bean Soup

Makes: 6 Servings

- 1 1/2 cups apple juice
- 1 can small white beans (15 ounces)
- 1 small onion (finely chopped)
- 1 cup water
- 1 can pumpkin (15 ounces)
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg, allspice, or ginger (if you like)
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Directions 1. Mash white beans, onion, and water with a fork or blender until smooth. Set aside. 2. In a large pot, add the pumpkin, juice, cinnamon, black

pepper, and salt. If using nutmeg, allspice, or ginger, add that too. Stir. 3. Add the bean mix to the pot. 4. Cook over low heat for 15-20 minutes, until warmed through. Calories 140 Total Fat 1 g Saturated Fat 0 g Cholesterol N/A Sodium 420 mg Total Carbohydrate 28 g Dietary Fiber 7 g Total Sugars 10 g Added Sugars included N/A Protein 7 g

April 21, 2017

Water is life, and clean water means health. -
Audrey Hepburn

Boston Marathon Fact

The giant Citgo sign is a welcome sight for the runners, as it signifies only one mile to go.

Hydrate Tip

Don't ignore thirst. Drink water or another healthy drink when you feel thirsty.



Wellness Recipe: Cabbage Stir-Fry

Makes: 6 Servings

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 2 green peppers, medium (chopped)
- 1 small head cabbage (chopped)
- 2 cloves garlic (chopped)
- 2 tablespoons soy sauce, low-sodium (to taste)

Directions 1. Wash green peppers and cabbage before chopping. 2. Heat oil in a large skillet. 3. Add onions, peppers, cabbage, and garlic to skillet and cook over medium heat until vegetables are tender. 4. Add soy sauce and stir until sauce boils. 5. Refrigerate leftovers.

Calories 71 Total Fat 2 g Saturated Fat 0 g Cholesterol 0 mg Sodium 201 mg Total Carbohydrate 12 g Dietary Fiber 4 g Total Sugars 6 g Added Sugars included 0 g Protein 2 g

April 24, 2017

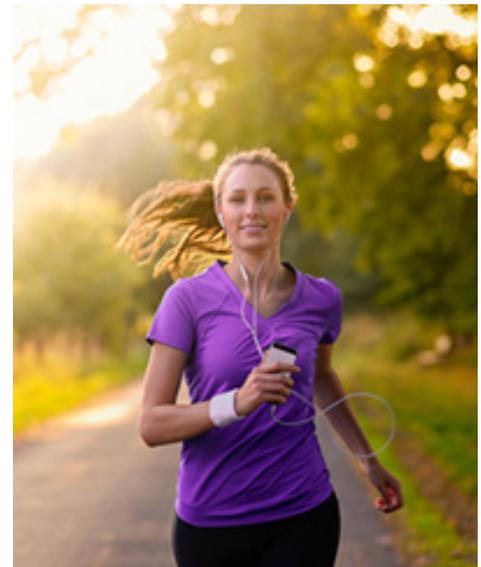
Remember that any exercise is better than no exercise. - Fitness Saying

Boston Marathon Fact

In 1990, both the male and female winners were Olympic champions. Both had gold medals from the 1988 Seoul Olympics. This was the first time an Olympic champion also won the Boston Marathon.

Exercise Tip

Workout during the day when you have the most energy. Complete your fitness activities early in the day if that works best. Plan fitness for later if the afternoon or evening provide peak energy time slots. Exercising during peak energy times will yield the best results. Avoid intense exercise sessions three hours before bedtime if possible.



Wellness Recipe: Bean Dip

Makes: 6 Servings

2 cups canned light red, low-sodium kidney beans (drained, save 1/2 cup of the liquid)

1 tablespoon vinegar

3/4 teaspoon chili powder

1/8 teaspoon ground cumin (if you like)

1 tablespoon onion (chopped)

1 cup low-fat cheddar cheese (grated)

Directions 1. Place the drained kidney beans, vinegar, and chili powder in a blender; if using cumin, add that too.

2. Blend until smooth. Add some of the bean liquid to make the dip easy to spread. 3. Stir in onion and cheese; place in refrigerator for about an hour to chill.

Calories 110 Total Fat 2 g Saturated Fat 1 g Cholesterol 5 mg Sodium 210 mg Total Carbohydrate 14 g Dietary Fiber 4 g Total Sugars N/A Added Sugars included N/A Protein 10 g

April 25, 2017

Good nutrition creates health in all areas of our existence. All parts are interconnected. - T. Collin Campbell

Boston Marathon Fact

The tradition of placing olive wreaths on the heads of the male and female winners dates back to the 1984 Boston Marathon. The Greek government provides the official winner wreaths created from olive branches grown in Marathon, Greece.

Nutrition Tip

Keep foods that undermine your efforts out of plain sight. If you don't see it you'll still eat it but not so much. Place healthy foods options where they can be easily seen in the fridge, on the counter, and in the pantry.



Wellness Recipe: Pumpkin Squares

Makes: 24 servings

- 1 can pumpkin (15 ounces)
- 1 1/2 cups brown sugar, packed
- 4 eggs
- 3/4 cup oil (cooking)
- 1 1/2 cups flour (all-purpose)
- 1 1/2 cups rolled oats
- 1 tablespoon ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda

Directions

1. Preheat oven to 350 degrees.
2. In a medium bowl, stir together the pumpkin, brown sugar, eggs, and oil. Mix well.
3. In a large bowl, mix the flour, oats, cinnamon, baking powder, and baking

- soda.
4. Add the pumpkin mix to the flour mix. Stir well.
5. Grease a 9" x 13" baking pan with butter or margarine.
6. Pour the batter into the greased baking pan.
7. Bake for 30 minutes. Calories 180 Total Fat 8 g Saturated Fat 1 g Cholesterol 30 mg Sodium 110 mg Total Carbohydrate 25 g Dietary Fiber 2 g Total Sugars 14 g Added Sugars included N/A Protein 3 g

April 26, 2017

A well-spent day brings happy sleep. - Leonardo Da Vinci

Boston Marathon Fact

The Sunday evening before the marathon, Boston's City Hall Plaza welcomes hungry runners who chow down on 11,300 pounds of pasta.

Sleep Tip

Don't view the clock or device that displays the time during routine sleep schedule. This may make you more anxious and unable to rest.



Wellness Recipe: Barley Jambalaya

Makes: 6 Servings

- 1 cup instant pearl barley
- 4 cups water
- 2 whole bay leaves
- 3 medium onions
- 4 small celery stalks
- 1 cup diced green, red, yellow, or orange bell pepper
- 2 medium cloves garlic
- 1 tablespoon canola oil
- 4 ounces ground turkey
- 2 (14.5-oz) cans diced tomato (no salt added)
- 1 teaspoon salt
- 1/2 teaspoon ground cayenne pepper
- 1 1/2 teaspoons dried oregano
- 1 teaspoon ground black pepper

Directions In Advance 1. In a colander, rinse barley under cold water. 2. In a medium pot over high heat, bring barley, water, and bay leaves to a boil. Reduce heat to low and cover. Cook barley until tender and

water is absorbed, about 20-30 minutes. 3. In a colander, drain barley. Set aside. Preparation 4. Peel, rinse, and dice onions. Rinse and dice celery and pepper. Peel and mince garlic. 5. In a large pot over medium-high heat, heat oil. 6. Add onions, celery, pepper, and garlic to pot. Mix well. Cook until veggies are soft, about 5 minutes. 7. Add ground turkey. Cook until internal temperature registers 165 degrees F on a food thermometer, about 5 minutes more. 8. Add tomatoes and their juices. Bring to a simmer. 9. Add spices. Stir to combine. Cover and reduce heat. Cook at a low simmer for 15 minutes. 10. Add cooked barley to the mixture. Stir to combine. Add more water or broth, if needed. Cook over low heat to blend flavors, about 5-10 minutes more. 11. Remove bay leaves and serve. Calories 230 Total Fat 5 g Saturated Fat 1 Cholesterol 15 mg Sodium 440 mg Total Carbohydrate 41 g Dietary Fiber 9 g Total Sugars 9 g Added Sugars included 0 g Protein 9 g

April 27, 2017

There is no life without water. - Albert Szent-Gyorgyi

Boston Marathon Fact

The highest point in the course is actually the start line at 463 feet above sea level. The race course ends 16 feet above sea level.

Hydrate Tip

Begin exercise well-hydrated. Drink plenty of fluids within the hour before, during and after your exercise session.



Wellness Recipe: Garden Chili

Makes: 4 servings

3/4 pound ground beef (lean, 10% fat)
1/2 cup green pepper (chopped)
1/2 onion (large, chopped)
1/2 cup celery (chopped)
2/3 cup kidney beans (canned, drained and rinsed)
1/2 cup corn (sweet)
1 can tomato sauce (8 oz)
1 cup tomatoes (chopped fresh)
1 dash black pepper
1/2 teaspoon garlic powder
2 teaspoons chili powder

Directions 1. Wash your hands and work area. 2. Place ground beef in a skillet sprayed with non-stick cooking spray. Brown meat

over medium-high heat, stirring occasionally to break it into pieces. Drain fat and blot meat with paper towels. Transfer beef into a colander and rinse with very hot water to further remove fat. 3. Add green pepper, onion, and celery. Cook until softened. 4. Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic and chili powder. 5. Cook mixture over low heat for 20 minutes. 6. Serve hot in bowls. Or serve as a dip with baked tortilla chips or on a bun. 7. Cover and refrigerate leftovers within 2 hours. Calories 242 Total Fat 9 g Saturated Fat 3 g Cholesterol 54 mg Sodium 480 mg Total Carbohydrate 20 g Dietary Fiber 5 g Total Sugars 7 g Added Sugars included 0 g Protein 21 g

April 28, 2017

Exercise is the most underutilized antidepressant.
- Fitness Saying

Boston Marathon Fact

While the exact calorie burn will vary from runner to runner, the caloric burn rate is about 100 calories per a mile. That adds up to about 2,600 calories for the entire marathon.

Exercise Tip

Fitness is a state of mind. Get and stay motivated by reading books, blogs, or web sites that show how others have been successful. Who inspires you?



Wellness Recipe: Chicken Ratatouille

Makes: 4 servings

- 1 tablespoon vegetable oil
- 2 chicken breast (medium, halved, skinned, fat removed, boned, and cut into 1-inch pieces)
- 2 zucchini (7 inches long, unpeeled and thinly sliced)
- 1 eggplant (small, peeled and cut into 1-inch cubes)
- 1 onion (medium, thinly sliced)
- 1 green pepper (medium, cut into 1-inch pieces)
- 1/2 pound mushroom (fresh, sliced)
- 1 can tomatoes (14.5 oz, whole, cut up)
- 1 garlic clove (minced)
- 1 1/2 teaspoons basil (dried, crushed)

- 1 tablespoon parsley (fresh, minced)
- black pepper (to taste)

Directions 1. Heat oil in large non-stick skillet. Add chicken and saute about 3 minutes, or until lightly browned. 2. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally. 3. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about 5 minutes, or until chicken is tender. Calories 287 Total Fat 8 g Saturated Fat 1 g Cholesterol 84 mg Sodium 369 mg Total Carbohydrate 20 g Dietary Fiber 6 g Total Sugars 11 g Added Sugars included 2 g Protein 36 g

May 1, 2017

Variety's the very spice of life that gives it all its flavor. - William Cowper

Boston Marathon Fact

The "Forever Young" statue is found at mile 19 in honor of John A. Kelley. John has the record for completing the Boston Marathon 58 times. He started the race 61 times and won in 1935 and 1945. He completed his last marathon at Boston in 1992 at the age of 84.



Nutrition Tip

Cut calories and boost flavor. Add herbs and sodium-free spice blends without adding any fat or calories to your plate. Research shows that the less distinctive the scent of a particular food, the more likely the food will be overconsumed.

Wellness Recipe: Grilled Steak Salad

Makes: 4 Servings
2 cups (4 oz) whole-wheat rotini pasta (uncooked)
1 yellow bell pepper
1 red bell pepper
1/2 teaspoon olive oil
12 ounces boneless choice beef top sirloin
2 pears
3 cups arugula
1/4 cup crumbled Gorgonzola cheese
For Vinaigrette
1 tablespoon olive oil
3 tablespoons distilled vinegar
1/4 cup 100% white grape juice or apple juice
1/4 teaspoon salt (optional)
1 tablespoon Italian herb blend, salt-free

Directions 1. In a small bowl, whisk olive oil, vinegar, grape or apple juice, salt, and herb blend.
2. Boil water and cook pasta according to package

instructions. Drain pasta, rinse in cool water. 3. Heat grill, rub peppers with 1/2 tsp olive oil. Grill whole peppers, turning as needed, until skin begins to brown and bubble. At the same time, grill beef sirloin to 145 degrees F, turning once. Remove from grill, let cool slightly. 4. Slice peppers into strips, discarding seeds and stem. Cut sirloin across the grain into thin slices. Slice pears into thin wedges. 5. Toss arugula and pasta in large bowl. 6. To serve, evenly divide pasta-arugula onto four plates, arrange beef, peppers, and pears on top, drizzle with vinaigrette, and sprinkle with crumbled Gorgonzola cheese. Calories 360 Total Fat 12 g Saturated Fat 4 g Cholesterol 65 mg Sodium 330 mg Total Carbohydrate 44 g Dietary Fiber 7 g Total Sugars 13 g Added Sugars included 0 g Protein 27 g

May 2, 2017

Think in the morning. Act in the noon. Sleep in the night. - William Blake

Boston Marathon Fact

Electronic timing and scoring devices were first used in 1995. Official runners of the Boston Marathon can now register to send friends and family automatic updates on their progress along the course. Messages are automatically delivered to any device capable of receiving short messages. Alerts are broadcasted when the runner passes six key locations.



Sleep Tip

Get up if you can't sleep. After 30 minutes of tossing and turning, get up and go to another room. Try reading to make you drowsy or deep-breathing exercises; concentrate on relaxing your shoulder muscles.

Wellness Recipe: Bean Wrap

Makes: 6 Wraps

1 teaspoon lemon zest (make zest from juiced lemon)
2 tablespoons fresh lemon, juiced
2 cups canned low-sodium great northern beans, drained, rinsed
1/2 cup fresh avocado, peeled, pitted, pureed
1 tablespoon fresh garlic, minced
2 1/4 teaspoons extra virgin olive oil
1/3 teaspoon chili powder
1/2 teaspoon salt
1 1/2 cups fresh purple cabbage, finely shredded
6 whole-wheat tortillas, 10"
3 cups fresh romaine lettuce, shredded

Directions 1. Grate lemon rind on hand-held grater or citrus zester to make zest. Juice lemons. Set aside. 2. Puree beans in a food processor or a blender until smooth. Put into a large mixing bowl and set aside. 3. Puree avocado, lemon juice, lemon zest, garlic, olive oil, chili powder, and salt until smooth. Mix into pureed beans. Add shredded cabbage. Mix well. 4. You may cover and refrigerate at 40 degrees F for no more than 2 hours to avoid browning of avocado. 5. For each wrap, place 1/3 cup of bean filling on the bottom half of tortilla. Top with 1/2 cup of lettuce. Roll in the form of a burrito. Cut diagonally. Serve immediately
Calories 274 Total Fat 10 g Saturated Fat 1 g Cholesterol 0 mg Sodium 424 mg Total Carbohydrate 38 g Dietary Fiber 8 g Total Sugars 3 g Protein 8 g

May 3, 2017

There's no disease hydration won't ease. - Leah Salmon

Boston Marathon Fact

Over the past 31 years, the official Boston Athletic Association's Charity Program and John Hancock's Non-Profit Program have combined to raise more than \$264 million for community-based organizations through the Boston Marathon.

Hydrate Tip

Infuse flavor into water. Put fruit slices, such as lemon, lime, and orange, in a pitcher of water and refrigerate. Try adding coconut ice (fill ice cube tray with coconut water, then place the cubes into glass to give water a nutty, slightly sweet taste) or sip a favorite unsweetened flavored water.



Wellness Recipe: Vegetable Stroganoff

Makes: 4 Servings

- 1/2 pound medium shaped whole wheat pasta (cooked)
- 1 tablespoon vegetable oil
- 1 red onion
- 2 cloves garlic (peeled and minced)
- 2 carrots (diced)
- 1 medium zucchini (diced)
- 1 red bell pepper (cored and seeded and chopped)
- 1 tablespoon dried basil
- 1 can 14.5 ounce low-sodium diced tomatoes (including the liquid)
- 2 tablespoons low-sodium tomato paste
- 1/2 cup plain yogurt

Directions 1. To cook the pasta, fill a pot halfway with water. Bring it to a boil over high heat. When it has boiled, add the pasta and cook until just tender

about 12 minutes. Drain the pasta and set aside. 2. While the pasta is cooking, cook the stroganoff: Put a skillet over medium heat and when it is hot, add the oil. Add the onion, garlic, carrots, zucchini, pepper and dried basil and cook until soft and golden, about 20 minutes. 3. Add the tomatoes and cook until the sauce comes together, about 20 minutes. 4. Put the yogurt and tomato paste in the bowl, stirring until smooth. 5. Turn the heat off and move the vegetables in the skillet to one side. Gradually add the tomato paste mixture to the other side of the skillet, stirring all the while. Turn the heat to low and cook about 5 minutes, until heated through. 6. Add the cooked pasta and stir until mixed. Calories 313 Total Fat 5 g Saturated Fat 1 g Cholesterol 2 mg Sodium 70 mg Total Carbohydrate 59 g Dietary Fiber 9 g Total Sugars 12 g Added Sugars included 0 g Protein 13 g

May 4, 2017

I already know what giving up feels like. I want to see what happens if I don't. - Neila Rey



Boston Marathon Fact

2017 marks the 21st year of the Boston Athletic Association's youth running program, designed to introduce kids to the benefits of the sport of running. "Club 121" is derived from the current year's Marathon and begins four weeks before the program's culmination: the Relay Challenge. The Relay Challenge consists of a series of age-group and team-oriented relay races. Over 20,800 Boston-area youths have participated in the Relay Challenge since its inception in 1997.

Exercise Tip

Be patient with yourself. There will be ups and downs, setbacks and victories. Just be patient, and don't give up, and you'll see solid results.

Wellness Recipe: Edamame Salad

Makes: 4 Servings

For the vinaigrette:

- 1 1/2 cups strawberries
- 1 1/2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1/4 cup apple juice
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

For the Salad:

- 1 1/2 cups shelled edamame
- 1 can low sodium white beans (drained and rinsed; 15 oz can)
- 1/2 cup red onion (chopped)
- 2 tablespoons chopped fresh basil
- 1/2 cup crumbled feta cheese
- 6 cups baby spinach

Directions 1. Cook edamame according to package directions, while preparing remaining ingredients. 2. Rinse under cool water and drain. 3. In a small bowl, whisk vinaigrette ingredients. 4. In a medium bowl, toss all ingredients except spinach and vinaigrette. 5. Serve on individual plates by nesting strawberry, white bean and edamame mix atop spinach. 6. Drizzle with dressing. Calories 270 Total Fat 10 g Saturated Fat 2 g Cholesterol 10 mg Sodium 350 mg Total Carbohydrate 30 g Dietary Fiber 10 g Total Sugars 8 g Added Sugars included 0 g Protein 14 g

May 5, 2017

If you are losing faith in human nature go out and watch a marathon. - Kathrine Switzer

Boston Marathon Fact

In 2016 a large blue-and-yellow banner emblazoned with the words "Boston Strong" was painted at Bowker Overpass over Commonwealth Avenue. This painting and work was donated and designed to boost the Boston Marathon runners in the final mile stretch and honor those that suffered that day.



Nutrition Tip

The power of one. Practice limiting yourself to one serving of food items as you enjoy snacks and meals. Seconds only apply to fruits and vegetables.

Wellness Recipe: Greek Salad

Makes: 6 servings

Ingredients

6 romaine lettuces leaves (torn into 1 1/2 inch pieces)

1 cucumber (medium, peeled and sliced)

1 tomato (medium, chopped)

1/2 cup red onion (sliced)

1/3 cup feta cheese (crumbled)

2 tablespoons olive oil (extra-virgin)

2 tablespoons lemon juice

1 teaspoon oregano (dried)

1/2 teaspoon salt

Directions 1. Combine lettuce, cucumber, tomato, onion and cheese in large serving bowl. Whisk together oil, lemon juice, oregano and salt in small bowl. 2. Pour over lettuce mixture; toss until coated. Serve immediately. Calories 80 Total Fat 7 g Saturated Fat 2 g Cholesterol 5 mg Sodium 290 mg Total Carbohydrate 4 g Dietary Fiber 1 g Total Sugars 2 g Protein 2 g