

May 2010



Better Bodies News

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League of American Bicyclists May is National Bike Month

The League of American Bicyclists is promoting Bike-to-Work Week 2010 from May 17-21 and Bike-to-Work Day on Friday, May 21. This is the perfect time to get back on your bike and encourage others to ride!

Why Commute by Bike?

1. **Fight pollution**
 - Automobiles produce toxic substances that pollute the ground, air & water
 - Automobiles also produce noise pollution
2. **Stay fit**
 - Bicycle commuting allows you to include your workout in your daily schedule
 - Staying in better shape will decrease your chances of getting sick
3. **Avoid traffic delays**
 - Off-road trails, bike lanes and wide curb lanes allow you to ride past traffic
 - Bike commuting takes less time when you account for parking & traffic
4. **Save money**
 - Maintenance costs for your automobile will decrease, as will your gas bill
 - You will save money on parking (and tickets)
5. **Enjoy your commute**
 - Ride off stress after work
 - Take the long way home and ride through a park or along a local river

2010 Indianapolis Sprint Triathlon Series at Eagle Creek Park— June 19, July 17, & August 21

Distances are a 500 Meter Swim, 10 Mile Bike, & 3 Mile Run. Can't swim?! No worries...just find a teammate to do that part and you can bike or run!

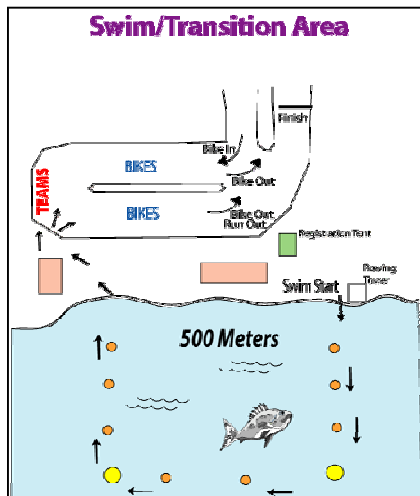
Prizes for age divisions, as well as teams, will be awarded.

Fees: \$60/Individuals or \$99 /Team

Start Time: 8 am

Online Registration: www.tuxbro.com

The Indianapolis Sprint Triathlon is sanctioned by USA Triathlon.



Biggest Loser Diet Plan

Day 3

Breakfast

- Omelet made with 4 egg whites and 1 whole egg, 1/4 c chopped broccoli, 2 Tbsp each fat-free refried beans, diced onion, diced mushrooms, and salsa
- Quesadilla made with 1/2 of one small corn tortilla and 1 Tbsp low-fat jack cheese
- 1/2 c diced watermelon

Snack

1/2 c fat-free vanilla yogurt with 1 sliced apple and 1 Tbsp chopped walnuts

Lunch

Salad made with

- 2 c chopped Romaine, 4 oz grilled chicken, 1/2 c chopped celery, 1/2 c diced mushrooms, 2 Tbsp shredded low-fat cheddar, and 1 Tbsp low-fat Caesar dressing
- 1 medium nectarine
- 1 c skim milk

Snack

- 1 fat-free mozzarella string cheese stick
- 1 medium orange

Supper

- 4 oz shrimp, grilled or sautéed with 1 tsp olive oil and 1 tsp chopped garlic
- 1 medium artichoke, steamed
- 1/2 c whole wheat couscous with 2 Tbsp diced bell pepper, 1/4 c garbanzo beans, 1 tsp chopped fresh cilantro, and 1 Tbsp fat-free honey mustard dressing

“It’s lack of faith that makes people afraid of meeting challenges, and I believe in myself.”

—Muhammad Ali