

PENNY SAVER NEWS

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Start the New Year Moving

Whether we like it or not, the clock, the sun and the moon keep on moving. Like the old song says "The seasons they go round and round..." There's nothing we can do to stop the motion. On the other hand, we have everything to do with getting ourselves in motion. Most of us probably managed to eat more than we needed in the last few weeks of 2006. Most of us were probably too busy with guests and parties and packages to fit even our usual exercise into the calendar. So now's the time to get your act in gear again and get moving in the New Year!

Do not start by saying "My New Years Resolution is to exercise a hour a day." if you barely managed an hour a week last year! Just like walking, get the activity going one step at a time. Set yourself one small goal that you will be able to meet. Be as specific and as realistic as you possibly can be. If you normally rush to the grocery store 4 days a week, set your goal that you "Will park at the far end of the lot, and walk up and down every aisle in the store each time you shop." That should give you at least 15 to 20 minutes each trip. It's safe, well-lit, has nice music playing, and is a smooth level surface, a great place to walk.

If you carry a basket instead of pushing the cart you'll burn even more calories. Carry your bags to the car instead of pushing the cart. Lift the jug of detergent or gallon of milk to shoulder-level a couple of times for some strength-building moves at the same time. You can build lots of little bits of exercise into your daily routine. When you have successfully added one exercise, then add another type, or do it one more day.

Why should you bother to exercise? There are dozens of reasons. Aside from burning a few extra calories, here are a few more to consider. Even if you're not worried about calories or weight, everybody has to sleep. People who at least do some walking are more likely to fall asleep faster and sleep longer and deeper than those who don't exercise. Those who exercise usually handle stress with less anxiety. Aerobic exercises such as running or walking also help work off symptoms of depression.

Men who are concerned about prostate problems should get in motion. Walking at least a couple of hours a week reduces the chances of having an enlarged prostate. Women (or men) concerned about osteoporosis should be in motion. Walking or other weight-bearing exercise keeps reminding the body to fill those bones up and keep them strong. And gentle exercise on arthritic joints helps to keep them more flexible. Check with your doctor for appropriate exercises to reduce joint swelling and pain.

Anyone trying to avoid or manage blood pressure should be moving. Even low-level exercise will help reduce blood pressure or reduce the amount of medication needed. More exercise often helps more. If you can manage 3 hours of moderate activity in a week, you can lower your risk of heart disease by about one third.

The benefits of exercise for controlling diabetes are well known. Moving those muscles makes it easier for blood sugar to get out of the blood and into the muscles where it's needed. Often a regular exercise program can reduce or eliminate the need for diabetes medications. Fewer people realize that regular exercise can also reduce their chances of colon cancer. More things than muscles benefit from moving! Finally, people who stay active are much less likely to develop gallstones or need surgery to remove them.

It's tomato season in Florida now, so even if you don't go pick the tomatoes

yourself you can get super flavor. Here's another recipe from our new *Simply Florida* cookbook which can be ordered or purchased at our office. This is an unusual combination of vegetables with great Italian seasoning. Enjoy!

Tomato and Zucchini Tart

2 large ripe Florida tomatoes	2 large zucchini or yellow summer squash
1 large potato, peeled	1/4 cup chopped onion
2 eggs, lightly beaten	1 cup shredded light Swiss cheese, divided
salt, pepper to taste	1/2 tsp Italian seasoning

Preheat oven to 400 ° F. Spray a 9 inch shallow baking dish with pan spray. Remove stem ends from tomatoes. Cut tomatoes, zucchini and potato lengthwise into halves, then crosswise into thin slices. Combine zucchini, potato, onion, egg, 3/4 cup of cheese and seasonings in bowl and mix well. Arrange half the tomato slices in bottom of baking dish, overlapping slightly if necessary. Spoon zucchini mixture over tomatoes and press lightly to flatten. Top with remaining tomato slices. Bake for 35 minutes, remove from oven and sprinkle remaining 1/4 cup of cheese over top. Return to oven for 5 minutes to melt cheese. Serve hot. Serves 8.

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