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American Central Transport

TV...The Death of You?

According to a new study as reported by Health.com, watching too much television can actually shorten your life.

The study consisted of 8,800 healthy adults. The findings? People who watched more than four hours of television a day were 80 percent more likely to die from heart disease and 46 percent more likely to die from any cause, compared to those who watched less than two hours per day. Furthermore, each additional hour spent in front of the TV increased the risk of dying from heart disease by 18 percent (and the overall risk of death by 11 percent).

Researchers think that the problem is not the act of viewing television, but more the position one sits in while watching it – leading to muscle inactivity.

If you enjoy television, why not put the treadmill in front of it and walk a couple miles? Or, get up and do stretches, push-ups and/or crunches during commercial breaks. Your body will thank you!



Get up and get active during commercial breaks!

LIVE WELL, WORK WELL

Doctor's Orders!

If you're like most Americans, you might have vowed to lose weight or get in shape this year. Having trouble sticking to that plan? You might want to set up a special appointment with your doctor (or other health care provider.) Healthy eating, weight management and physical activity are not usually main topics of discussion during general office visits, especially when an exam is involved. If you make an appointment solely to talk about your weight management goals, you'll be surprised what you can accomplish in that short visit. Even if you might feel uncomfortable discussing your weight, remember your doctor is there to help you, and has the best advice. Follow these tips for that visit:

- Tell your doctor you would like to talk about your weight. Share concerns about any medications you are taking.
- Write down your questions in advance, and bring a pen and



paper to take notes.

- Bring a family member or friend with you for support if you are extremely uncomfortable at the thought of going alone. Another advantage is that this person can help you stay on track with your weight management plan.
- Make sure you understand what your doctor is saying. Do not be afraid to ask questions, even about terminology.
- Ask for other sources of information, such as Web sites or brochures.
- If you want more support, ask for a referral to a registered dietitian, support group or commercial weight loss program.
- Call your doctor after your visit if you have any more questions.

Source: NIH MedlinePlus

Joint Efforts

Regular exercise, a balanced diet and maintaining a healthy weight can help reduce your risk of developing osteoarthritis. Exercise helps bone density, improves muscle strength and joint flexibility, and enhances your balance. Take part in regular walking, strength training, swimming, dancing, tai chi, gardening and similar low-impact activities.

A bone-healthy diet should be rich in calcium and vitamin D. Check to see if your favorite foods are fortified and consider taking a daily multivitamin or mineral supplement. Several medications are also available to prevent osteoporosis. Ask your doctor which medications can best help you minimize additional bone loss and reduce your risk for fractures.

Source: NIH MedlinePlus



Tax Note

If you bought a new car last year, you may be entitled to deduct state and local sales and excise taxes paid on the purchase on your 2009 tax returns.

The deduction is limited to the state and local sales and excise taxes paid on up to \$49,500 of the purchase price of a qualified new car, light truck, motor home or motorcycle.

The amount of the deduction is phased out for taxpayers whose modified adjusted gross income is between \$125,000 and \$135,000 for individual filers and between \$250,000 and \$260,000 for joint filers. The vehicle must have been purchased between Feb. 16, 2009, and Jan. 1, 2010, in order to qualify.

According to the IRS, the special deduction is available regardless of whether a taxpayer itemizes deductions on his/her return. The deduction may not be taken on 2008 tax returns.



Spice it Up!

Looking for a fast, easy and healthy dinner tonight? Look no further!

Spicy Baked Fish

- 1 pound salmon filet
- 1 Tbsp. olive oil
- 1 tsp. spicy seasoning, salt-free

Preheat oven to 350° F. Spray a casserole dish with cooking oil spray. Wash and dry fish; place in cooking dish. Mix oil and seasoning and drizzle over fish. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces. Serve with brown rice and zucchini slices.

Makes 4 servings. Calories: 192; Total Fat: 11 g; Saturated Fat: 2 g; Cholesterol: 63 mg; Sodium: 50 mg; Protein: 23 g

Recipe from the American Heart Association's Dietary Approaches to Stop Hypertension (DASH) plan.

