



May 2009

American Central Transport

Straighten up for Your Health!

Have you paid attention to your posture lately? You should, in order to avoid injury. Follow these tips from the Cleveland Clinic to keep your body pain-free:

- Sit up with your back straight and shoulders back. Your bottom should touch the back of your chair, and your feet should be flat on the floor.
- When driving, your knees should be at the same level or higher than your hips.
- Before lifting an object, make sure you have firm footing. Keep the item close to your body and lift with your knees, avoiding twisting during the lift.
- When sleeping, your pillow should be under your head – not your shoulders – and the thickness should allow your head to be in a normal position.

What does correct posture do for your entire body? A lot! It may prevent arthritis, strain, backaches and other pain, and it decreases the stress on the ligaments holding the joints of the spine together. Plus, you look a whole lot better with proper posture.

May is Correct Posture Month! For more information on posture, visit the ACA at: www.amerchiro.org or the Cleveland Clinic – ranked as one of the nation's best hospitals – at www.clevelandclinic.org. ■

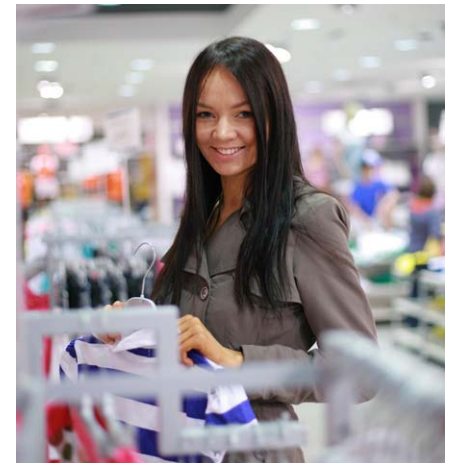


LIVE WELL, WORK WELL

Save \$\$\$... and Still Maintain Your Lifestyle

With the economy slumping as it is, you'll likely find every way you can to save money. But that shouldn't mean giving up what you love, like going out to eat and having a social life. Try some of these creative penny-pinching methods instead!

- Shop at "rack" or outlet versions of your favorite stores. These merchants carry overstock, out-of-season and/or discontinued clothing that is still new, so you can grab your favorites at a fraction of the price.
- Buy your favorite coffee at the store and make it yourself at home. Some of the most popular coffeehouses sell their products in grocery stores and discount chains.
- See your favorite sporting events, musicals and concerts by scouting online resellers and community bulletin board sites. Not only can you possibly get tickets for less than the face value, you can usually save on extra handling and ordering fees.



- Go to a beauty school instead of a salon to get your hair trimmed. Prices are usually a *quarter* of what you are used to paying. Even better, shorter hair requires less products and maintenance – so you'll save money in that area too!
- No need to skimp on eating out! Why not try a fast-casual sit-down restaurant? Or, stick to the bar menu or appetizers at a full-service restaurant. The prices are significantly lower than a full meal, and will fill you up just as well!
- Planning a trip? Use an online discount site for your airfare, hotel and/or rental car. Many also have great deals for last-minute trips.
- Go to a budget movie theater. You can still see a movie on the big screen before it comes out on DVD, and save money in the process. OR, visit your local library to "rent" DVDs there... for free! ◇

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Trouble Counting Calories?

It isn't always easy – or even possible – to count the amount of calories you consume in a day, much less a week or month. However, with a little ingenuity, you can accomplish your diet goals without having to pick up a calculator. Try the following:

- Stick to low-fat or non-fat versions of foods such as milk or yogurt.
- Choose lean cuts of meat and eat less of it. Your standard portion size should be no larger than a deck of cards.
- Eat nutrient-dense, filling foods, such as water-laden fruits (watermelon, grapes) or fiber-rich foods like whole grains. Fiber is not digested, so the stomach fills up faster.
- Stay away from fried foods. Stick to stir fry, baking, broiling or roasting.

- Pay attention to your beverage intake; the calories in those colas and fruit juices can add up fast. Stick to water, diet soft drinks, and flavored seltzers.
- Watch out for salty snacks labeled “low fat” – items such as chips and crackers still tend to be high in calories, despite the lower fat content.



Calling All Women!

According to the American Association of Retired Persons (AARP), women over the age of 65 are more likely to be poor than men of the same age. This is especially troubling if you consider that the life expectancy for women is on average 3 years longer than for men. In many cases, Social Security is the only income for many retired people. So, what can you do NOW to ensure your financial security?

- 1) Participate in your employer's 401(k) plan. In many cases, employers will match your contribution, so by not participating, you are essentially passing up free money.
- 2) Take a look at what you are currently putting aside and consider adding an extra \$10-\$20 to that per month. It might not seem like much now, but after 20-30 years plus interest, you will have yourself a handsome little nest egg.
- 3) Invest wisely. If you are just entering the workforce or are in your 20s, you can afford to take more risks and be aggressive. However, if you are nearing retirement age, your portfolio should be more conservative.

If you're not where you'd like to be savings-wise, try not to feel overwhelmed; remember, saving even one penny is better than not saving that penny at all!



Searching for a low-salt, low-fat but still tasty crispy snack? Well, look no further!

Potato Crisps

2 medium potatoes
Butter-flavored cooking spray
1 Tbsp. rosemary, minced
Black pepper

Preheat oven to 375°F. Wash the potatoes, pierce with a fork and cook for approximately an hour, or until skins are crisp. Cut the potatoes in half (they will be very hot) and scoop out the potato – save it for later. Spritz the inside of each potato skin with the butter spray, and add rosemary and pepper, pressing firmly with a fork. Bake for 5-10 more minutes. Slice into quarters and serve right away. Only 114 calories for an entire potato skin (based on a russet potato), 4 g fiber, 12 mg sodium and 20 mg calcium. Try using other spices instead of – or in addition to – the rosemary as well, such as dill or thyme.