



# Physical Fitness Month

Monthly Newsletter | May 2016

## 5 Steps to Loving Exercise

80% of Americans don't make exercise a regular habit, and, according to an American Heart Association survey, 14% say they don't like exercise.

So, how do you overcome an exercise aversion? Below are some tips to help you incorporate exercise into your life - and maybe even learn to like it.

**1** **Exercise That Suits You**  
Find an exercise that best fits your personality. If you are social person, do something that engages you socially – take a group exercise class, join a kickball team or walk with a group of friends.

Or, if you prefer having time alone, walking or jogging solo might be a better fit for you.

**2** **Build it into Your Lifestyle**  
Be honest with yourself. If you don't live close to a gym, it may be harder to become a habit for you. Likewise, if you are not a morning person, don't plan on somehow getting up at the crack of dawn to make a boot camp class.

The key is building activity into your lifestyle so it is not disruptive.

**3** **Make it A Habit**  
It can take a little while for something to become a habit, so give yourself the time to create a regular routine. One way is to try to exercise around the same time each day.

**4** **Do Bouts of Exercise**  
It's OK to break up your physical activity into smaller segments. The American Heart Association recommends 30 minutes a day of exercise most days, but if that sounds overwhelming, try three 10-minute workout sessions.

**5** **Keep Going**  
If you miss a day or a workout, don't worry about it. Everybody struggles once in a while. Just make sure you get back at it the next day.

## Work Out While Working

Below are some ways to stay active during the work day.

Walk during business calls. March in place or stand when you talk on the phone.

**Skip the email or the call** and walk down the hall to talk to a co-worker.

**Schedule activity time** on your work calendar and treat it like a meeting.

**Walk around your building** for a break during lunch.

**Pack a jump rope** if you are traveling for work.

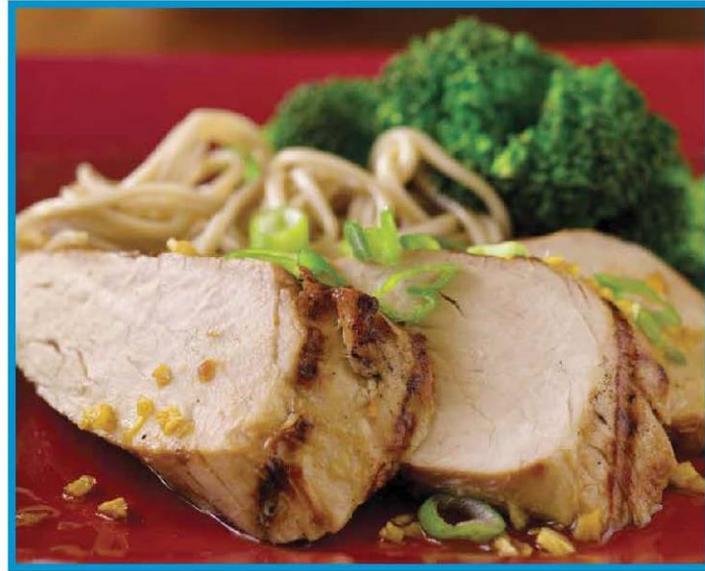
# Recipe of the Month

## Grilled Pork Tenderloin with Asian Sauce

Break out the grill for this Asian-inspired main dish!

Fish sauce, available in the Asian aisle at most grocery stores, adds a deep flavor to the pork that is not at all “fishy.”

Serve with steamed spinach and rice or Asian-style noodles (soba or udon).



### Grilled Pork Tenderloin with Asian Sauce

This main dish packs 26 grams of protein and only has 188 calories and 8 grams of fat per serving. Recipe yields 4 servings.

#### Ingredients

- 1 (2 lb) unseasoned pork tenderloin
- 1/2 Tbsp garlic, minced or pressed
- 2 Tbsp fresh ginger, minced
- 1 Tbsp fish sauce
- 1 Tbsp lite soy sauce
- 1/2 Tbsp granulated sugar

#### Preparation:

Preheat grill on high temperature. Remove visible fat from tenderloin and discard. Set tenderloin aside. Combine garlic, ginger, fish sauce, soy sauce and sugar in a small dish. Stir marinade until sugar dissolves.

Brush tenderloin with marinade or pour 1/3 of marinade over the pork. Place in grill with lid closed. Every 5 minutes, turn the tenderloin and add 1 tablespoon of additional marinade, until meat is fully cooked (to a minimum internal temperature of 160 degrees Fahrenheit).

Let stand for 5 minutes. Cut 12 slices, each about 1 inch thick. Serve 3 slices per serving.