

News

YOU
CAN
USE

Tips to Help Lose Weight and Live a Healthier Life - Latin Style!

2008 is here, and with it come the ever-popular resolutions to lose weight and live healthier. To give them a twist, here are a few tips to help you reach your goals - Latin Style:

Exercise the Latin Way

Liven up your exercise routine by taking Salsa classes. Research indicates that social dancing reduces stress, increases energy, improves strength, increases muscle tone, etc. The health benefits are endless, and so is the fun you can have. Salsa classes have sprung up all over the country and are available at most gyms and community centers. So step into your dancing shoes, grab a partner, and hit the dance floor!



In this edition:

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Did you know?

DANCING LINKED TO BRAIN HEALTH

A 2003 study published in the New England Journal of Medicine found that ballroom dancing at least twice a week made people less likely to develop dementia. Research also has shown that some people with Alzheimer's disease are able to recall forgotten memories when they dance to music they used to know.

Eat More Beans

There are three good reasons to eat more beans: (1) they are a great source of fiber and protein; (2) they make you feel full; and (3) they are cheap. You can find beans at any supermarket, canned or dried. Canned beans are already cooked and ready to use. The downside with canned beans is that they can have high sodium levels, so make sure to buy canned beans that say 'reduced sodium' on the label. Dried beans, the kind in the plastic bags, are very inexpensive and can be flavored in any way you like. The downside is that they take a longer time to prepare. We suggest you cook up a big batch of dried beans and freeze smaller quantities for later use.

Practice Slowing Down

Living in the US, we are accustomed to being on the go and following hectic schedules. It's a pace that is reflecting negatively on our health, principally in the form of stress. If you've ever traveled to Latin America, you know that the concept of time is very different than it is here in the US. People in Latin America move at a slower pace, and they eat longer meals, plus they take time to visit with family and friends. In 2008, resolve to live a healthier life by slowing down. One day at a time, take small steps and make time do what you love, and spend time with those you cherish. This simple idea will have an enormous impact on your health.