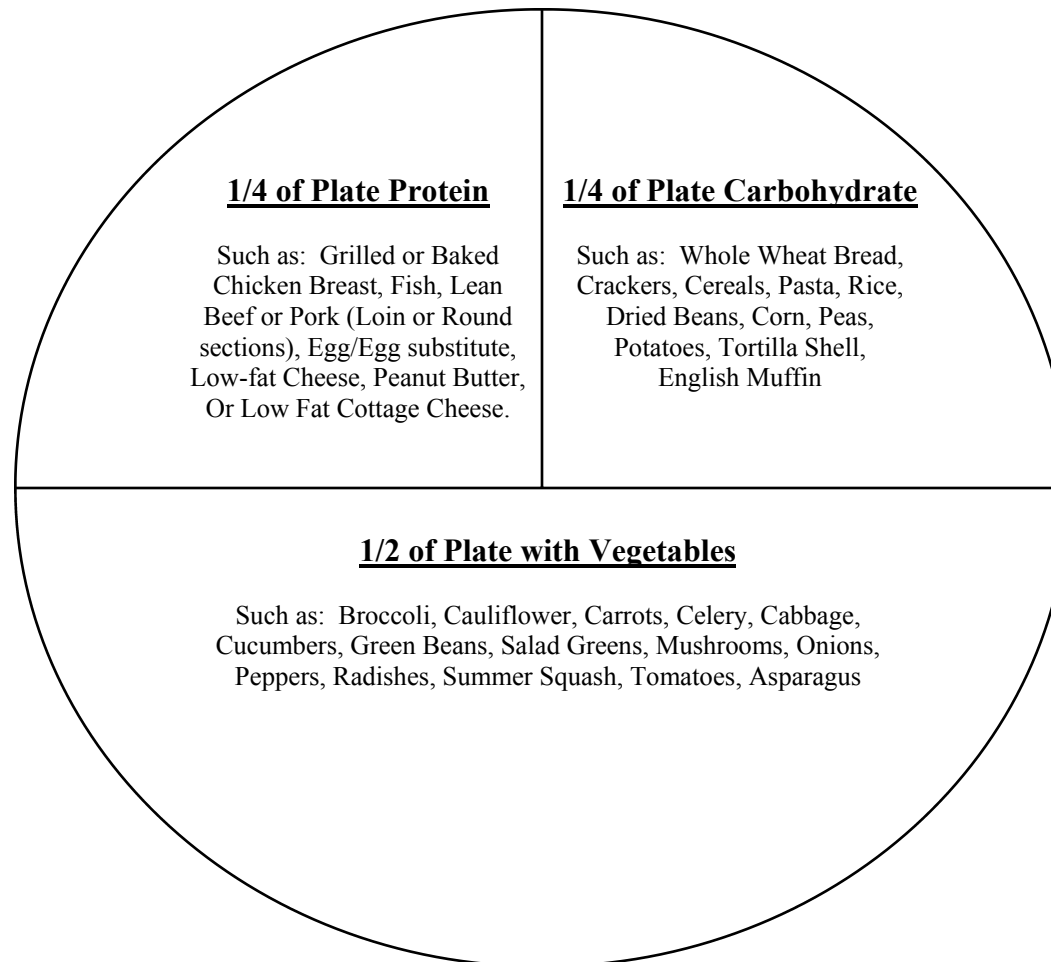


Perfect Plate



What's on Your Plate?



****On the side have a serving of Fruit and Fat-free or 1% Milk.**

FIT TIPS

Is Yoga For You?

Now, before you start conjuring up images of zoned-out new-agers in pretzel-like positions chanting mantras, consider this:

Yoga is an ancient practice that can help you deal with the stress of modern life. And, more and more people, stressed out or not, are discovering the benefits of yoga.

In fact, it has been reported that more than six million Americans are now practicing some form of yoga. Yoga, which means to yoke or unite, is the practice of uniting all aspects of a person - body, mind and spirit - through physical postures, breathing exercises and meditation. Flexibility, strength, and muscle tone improve quickly as the mind and body work together in harmony and unison.

Yoga is a great way not only to relax, but also to improve your performance in other activities. Once you have learned a few yoga moves and breathing techniques, they can easily be integrated into your regular fitness routine. So don't let any preconceived notions of yoga keep you from enjoying the benefits of this dynamic mind/body exercise.

Source: American Council on Exercise

Grilled Peaches with Berries

Instead of grilling, you can broil the peaches about five minutes, or until golden brown.

1 ripe peach, pitted and halved, or 2 canned peach halves, drained
Fresh or frozen raspberries or blueberries
2 tsp. brown sugar
1 tsp. lemon juice

Place peach half, flat side up in center of square piece of doubled aluminum foil. Fill with berries. Sprinkle brown sugar and lemon juice on top. Wrap in foil. Repeat with other half. Grill 15-20 minutes over hot flame, turning once.

Makes 1 serving

Calories: 97

Fat: 0 g

Carbohydrate: 25 g

Protein: 1 g

Fiber: 5 g

Sodium: 3 mg