Physical Activity Tip:
Exercise with your kids or kids in your neighborhood. Go for a walk together, play tag or other running games. Get an aerobic dance or exercise DVD for kids and exercise together. Exercise time can also be quality time with your family.

Nutritional Tip:
The American Heart Association recommends eating fish at least two times a week. Fish is a good source of protein and doesn’t have the high saturated fat that fatty meat products do.

Health Coach:
Health coaches are available to support you in your healthy living goals, whether you’re trying to manage your weight or quit using tobacco. Call the Health Coach line at 1-800-807-0751.

Shellie Yeung
UPMC Health Plan Health Coach

Advice from Shellie: Starting a weight loss program is like entering a marathon. Setting a steady pace and overcoming one hurdle at a time are essential to finishing successfully.

Motivational Tip:
“Habit is habit and not to be flung out of the window by any man, but coaxed downstairs a step at a time.”
-Mark Twain

Ocean Perch Fillets with Citrus Mustard Glaze

Ingredients:
- 3/4 cup unsweetened orange juice
- 3 Tbsp. Dijon mustard
- 1 1/2 tsp. light brown sugar
- 4 perch fillets (approximately 4 ounces each)
- 1 spray of vegetable oil coating spray

Preparation:
1. Bring first 3 ingredients to a boil in a heavy saucepan over medium high heat. Boil 1 minute, stirring occasionally.
2. Coat a broiler pan with vegetable oil cooking spray.
3. Place fillets, skin side down, on the pan and brush with mustard mixture. Broil 1 inch from heat source for 4 to 6 minutes or until fish flakes easily.

Yields 4 (4 ounce) servings. Nutritional Information Per Serving: 132 calories, 21.7g protein, 4.6g carbohydrate, 2.5g fat, 48mg cholesterol, 212mg sodium