

Newsletter

Tips for Getting a Good Night's Sleep

- ▶ Maintain a consistent bed and wake time schedule.
- ▶ Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
- ▶ Sleep on a comfortable mattress and pillow.
- ▶ Try a relaxing activity before bedtime. This might include soaking in a hot tub, reading a book, listening to music, or writing in a journal.
- ▶ Avoid caffeine, alcohol, and nicotine close to bedtime as these may keep you awake or lead to poor sleep quality.
- ▶ Finish eating at least 2-3 hours before your regular bedtime.
- ▶ Exercise regularly.
- ▶ Turn off media devices and television at least one hour prior to bedtime.



Exercise of the Month: All Fours Spinal Stabilization



To tone and strengthen abdominal area and back, and strengthen muscles that stabilize and support the lower back.

- Kneel on all fours in a table top position with hands under shoulders and knees under hips. Your back should be parallel to the ground. Tighten abdominal muscles, slide shoulder blades down and keep spine in neutral alignment.
- Inhale. As you exhale, lift and extend one arm forward and the opposite leg backward.
- Inhale as you place your arm and leg back on the ground. Repeat with the opposite arm and leg.
- Try to keep your pelvis parallel to the ground maintaining neutral spinal alignment.
- Repeat alternating arms and legs, doing 3-5 repetitions.

Modification: If you have trouble keeping your balance for this exercise, modify it by doing the arm and leg lifts separately.



Coming this Month

Cooking Demo:

Quinoa Salad with Cranberries and Pecans

Thinking about what side dish to make for Thanksgiving dinner? Ditch the same old green bean casserole for this colorful and healthy dish! The combination of spices with dried cranberries, pecans, and quinoa have all the flavor of a classic Thanksgiving dish. As a bonus, this recipe can be made in advance. Join our expert dietitian as she prepares and samples this dish that is sure to impress your dinner guests this year.

[Click Here for This Month's Education Calendar](#)

Fitness Classes offered:

Beginner Yoga
Bootcamp
Chair Fit
Gentle Yoga
Hatha Yoga
HITT
Line Dancing
Meditation
Progressive Yoga
Strictly Strength
Total Body Circuit
Zumba

[Click Here for This Month's Fitness Calendar](#)



October Cooking Demo Recipe



Shaved Fennel Salad

Ingredients:

- 1 fennel bulb, shaved paper thin with a mandolin
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. fresh lemon juice
- 1/8 tsp. chopped fresh thyme leaves
- 1 Tbsp. chopped flat leafed parsley
- 2 Tbsp. grated parmesan cheese

Directions:

- ➔ Remove the stems and root edge from the fennel bulb.
- ➔ Remove any outer layers of the bulb that look damaged or bruised.
- ➔ Remove the core from the center of the fennel bulb.
- ➔ Use a mandolin slicer to shave the fennel bulb into thin layers.
- ➔ In a separate bowl, whisk the olive oil, lemon juice, thyme, and parsley.
- ➔ Mix all together ingredients and top with parmesan cheese.

Recipe Source: http://www.simplyrecipes.com/recipes/shaved_fennel_salad/

Cost per Recipe: \$3.75 • Cost per Serving: \$1.87 • Yield: 2 servings (serving size = 1 cup)



Food Fight “Eat This, Not That” At Burger King



Many fast-food classics qualify as nutritional losers. Fast food menu items have grown in size over the years, but thankfully smaller portion sizes are still available at a few restaurants. Burger King is well known for its flame broiled burgers, especially the Whopper. When it comes to the Whopper, bigger is definitely not better. Let’s see how these two Whoppers compare:

Eat this!

Option #1: Whopper Jr. Sandwich with tomatoes, onion, mayo, and pickle

Calories	300
Fat	16 grams
Saturated Fat	4.5 grams
Carbohydrates	27 grams
Cholesterol	25 mg
Sodium	460 mg

Not that!

Option #2: Double Whopper with tomatoes, onion, mayo, and pickle

Calories	900
Fat	58 grams
Saturated Fat	20 grams
Carbohydrates	50 grams
Cholesterol	175 mg
Sodium	890 mg

If you are worried that the Whopper Jr. sandwich will not be enough to fill you up, bulk it up by ordering the garden salad and apple slices. The fiber from the salad and apple will help you feel full and make your choice a complete meal without all the extra calories, fat, and sodium.