ThriveOn
Your Health and Wellness Program

February 2016

Newsletter

Hello Happy news: 2016 is going to be an **exciting** year for your health! More and more of you continue to explore the programs offered through ThriveOn — that's great! 2016 is going to be very exciting with **new programs** being offered to help you **achieve** your personal **health goals** AND earn an **incentive**.

The **Health Risk Assessment** will be launching again on **March 7, 2016.** Biometric screenings will also be offered again this year. Those two steps are your starting points for making 2016 your **year of health**. Stay tuned for more information from your ThriveOn program.

Exercise of the Month: HIIT

The popularity of high intensity interval training is on the rise. High intensity interval training sessions are commonly called HIIT workouts. This type of training involves repeated bouts of high intensity effort followed by varied recovery times. Below is an example of a 10-minute Beginner HIIT Workout.

Do each exercise for 20 seconds, rest for 10 seconds in between exercises. Do 3 rounds of exercises.

1. Right jab cross: Stand with the right foot in front of the left, hips facing to your left side. Bring your arms up into a boxing position. Jab (punch) forward with the right arm, then throw a "cross" punch with the left arm, letting your body rotate as your left arm crosses over your body to the right. Your bodyweight should be over your right foot, with your back heel picking up off the floor slightly. Bring both arms back into the body, shifting your weight back to the starting position and facing front.

2. Left Jab cross: repeat on the left side.

3. Jumping jacks: Start by standing upright with your feet hip-width apart and your arms at your sides. Jump your feet out while raising your arms. Repeat as fast as possible. If a regular jumping jack is too difficult, step side to side while raising your arms instead.

4. Sumo squats: Position your feet a little more than hip-width apart and point your toes out at a 45-degree angle. Keeping your weight in your heels, back flat and chest upright, lower yourself until your thighs are parallel to the floor. Engage your glutes and quads and push back to the start position. Repeat.

Coming this Month

Cooking Demo:

Wild Salmon Salad

February is American Heart Month. Eating fish twice a week is a great way to improve heart health. Salmon is a excellent source of heart healthy omega-3 fats and Vitamin D. Think of it as an upgrade to the classic tuna salad. As a bonus, it's easy on your wallet and whips up in no time!

Click Here for This Month's Education Calendar

Fitness Classes offered:

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

Click Here for This Month's Fitness Calendar

January Cooking Demo Recipe

Turkey Pinwheels

Looking for a healthy and easy game day snack food? Look no further than these quick, delicious hummus and turkey pinwheels! These finger foods are easy to share and are sure to be a fan favorite. You can mix up the ingredients with different wraps, veggies, and spreads to make this recipe your own!

Ingredients:

4 11-inch whole wheat tortillas or flatbreads
1 cup hummus
8 ounces sliced turkey
1 7-ounce jar roasted red peppers, drained and thinly sliced
4 ounces (about 2 cups) baby spinach

Recipe from: http://www.myrecipes.com/recipe/hummus-turkey-sandwiches
Modifications by Ashley Denton, RDN, LD

Directions:

- Place one tortilla on cutting board and spread ¼ cup hummus in an even layer. Arrange two slices of turkey over bottom ½ of tortilla. Lay some peppers over the hummus. Scatter about ½ cup of spinach over peppers.
- Starting from bottom of tortilla (area with toppings), roll tightly.
- Repeat steps 1-2 for other three tortillas.
- Cut each tortilla into five pieces to make pinwheels.
- Serve!

Cost per Recipe: $10.96 • Cost per Serving: $2.74 • Yield: 4 servings (5 bites per serving)

Food Fight
"Eat This, Not That" At Max & Erma's

Max & Erma's is a great, family-friendly place with a wide variety of menu options. The restaurant, which was founded in Columbus Ohio in the 1970s, is known for its burgers and other American classics. While many popular burger specials are on the menu, it is usually best to build your own to get the healthiest choice. Let's take a look:

Eat this!

Option #1: Build-Your-Own Burger (chicken) with bacon and sautéed onions + Side Salad with fat-free honey mustard dressing

Calories	780
Fat (g)	33.5
Saturated Fat (g)	7.5
Cholesterol (mg)	100
Sodium (mg)	1870
Carbohydrates (g)	78
Dietary Fiber (g)	6
Protein (g)	47

Not that!

Option #2: Cola BBQ Bacon Burger (10 oz.) + Seasoned Fries

Calories	1660
Fat (g)	98
Saturated Fat (g)	26.5
Cholesterol (mg)	210
Sodium (mg)	3240
Carbohydrates (g)	118
Dietary Fiber (g)	5
Protein (g)	75

As you can see, the **Build-Your-Own** burger is much **healthier** compared to the Cola BBQ Bacon Burger. You save on calories, fat, and cholesterol by switching to chicken instead of beef, and eliminate nearly half the sodium by swapping a fresh side salad for seasoned fries. You can still get the bacon + onion flavor profile without overloading on the deep-fried onion rings and sugary BBQ sauce from the first option.

While it is advised to limit red meat and avoid processed meats as part of a general healthy diet, no foods should be considered "off limits." Make sure to **limit nutrient-poor options,** and **choose healthy foods** for the majority of your meals and snacks, making smart swaps like the ones above when you can!