

Newsletter

Flu season is among us!

Schedule your flu shot now by going to:

bit.ly/franklincounty

During the Flu Shot clinics, registration will be available for the Good Nights, Great Days Challenge!

Good Nights, Great Days November 2 – December 13

Registration is **October 13 – November 2**

Top 10 Teams will receive On-Site Chair Massages

A FitBit Charge will be given away each week

More details coming soon!



Exercise of the Month: Outer Thigh Leg Lift



1. Start on Your right side and place right arm under head for neck and head support.
2. Place left arm in from of chest for additional support.
3. Keep neutral spinal alignment and tighten abdominals to support back.
4. Bend your right knee and place your right foot on ground in front of body.
5. Exhale as you lift your left leg as high as possible.
6. Inhale as you lower your left leg to just above the ground.

Beginner 8 – 10 repetitions for 2 sets ■ *Intermediate* 15 – 20 for 2 sets, *Advanced* 25 – 30 repetitions for 2 sets.

Coming this Month

Cooking Demo: **Shaved Fennel Salad**

Is that celery...or is it an onion? It's fennel! You have probably seen this vegetable in the grocery store, but may have passed it up because of its odd shape. Join our expert dietitian as she prepares and samples a shaved fennel salad with thyme and parmesan. During the demo, you will learn all about fennel, how to chop it up, and how to make it taste great!

[-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 and Zumba

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



September Cooking Demo Recipe



Cabbage Cranberry Apple Slaw

Ingredients:

- 5 cups thinly sliced purple cabbage (about 1 1/2 pounds)
- 1/2 cup dried cranberries
- 1/3 cup rice vinegar
- 1/4 cup sugar
- 2 tablespoons white wine vinegar
- 2 teaspoons olive oil
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 1/4 cups thinly sliced Granny Smith apple
- 1/4 cup slivered almonds, toasted (or toasted pecans)

Directions:

- ➔ Combine cabbage and cranberries in a large bowl.
- ➔ Combine rice vinegar, sugar, white wine vinegar, olive oil, salt, and pepper (whisk together).
- ➔ Drizzle over cabbage mixture, tossing gently to coat. Cover and chill 2 hours.
- ➔ Add apple, and toss well to combine. Sprinkle with almonds.

Recipe Source: <http://www.myrecipes.com/recipe/red-cabbage-cranberry-apple-slaw>

Cost per Recipe: \$3.25 • Cost per Serving: \$0.40 • Yield: 8 servings (serving size = 1 cup)



Food Fight “Eat This, Not That” At the Supermarket: Yogurt



Yogurt has earned a reputation as being a health food. Yogurt can be a great source of calcium and protein. Some varieties also contain beneficial gut bacteria. However, certain brands of yogurt can easily qualify as junk food. Even if you skip the obvious offenders, like the ones including cookie and candy toppings, some brands sneak in a lot of added sugar. Also, “fruit on the bottom” may seem healthy, but is more like jelly than real fruit. Let’s compare a few varieties.

Eat this!

Brand	Calories	Fat	Sugar	Protein
Fage 0% Greek (plain)	100	0 grams	7 grams	18 grams
Lifeway Low Fat Plain Kefir	110	2 grams	12 grams	11 grams
Stoneyfield Oikos 0% Greek Yogurt - Honey	120	0 grams	17 grams	13 grams

Not that!

Brand	Calories	Fat	Sugar	Protein
Fage 2% Honey	190	2.5 grams	29 grams	12 grams
Dannon Fruit on the Bottom	140	1.5 grams	24 grams	6 grams
Yoplait Whips Chocolate Mouse	160	4 grams	22 grams	6 grams

The options listed in the chart on the right are higher in calories, fat, and added sugar. While yogurt contains some naturally occurring sugar called lactose, you still have to watch for the hidden added sugar. Unfortunately, nutrition labels don’t differentiate between natural and added sugars. Compared to the options on the left, it is clear that the options in the chart on the right have a lot more added sugar. The American Heart Association recommends no more than 6 teaspoons of added sugar a day for women (about 25 grams), and 9 teaspoons of added sugar for men (about 38 grams).

Dietitian Tip: If unsweetened yogurt is not sweet enough for you, sweeten it up with some real fruit or you can try blending it with some real fruit to make a smoothie. Fruit contains natural sugar, plus vitamins, minerals, and fiber.