

Newsletter

Grow Gratitude Challenge Coming Soon



Sign up information coming soon!

We all know that expressing gratitude makes us and others feel good, but did you know that it can make us healthier? Studies show that regularly expressing gratitude can improve **sleep, physical health, vitality, and energy.** **Grow Gratitude** encourages participants to consciously express appreciation regularly!

Anyone who completes the challenge will receive 10 points in their ThriveOn Wellness Points Bank (thriveon.staywell.com) and a copy of the book: "The Happiness Project." If you reach 100 points by November 30, 2017, you will be entered into a drawing for \$1,000!

Exercise of the Month: All Fours Spinal Stabilization

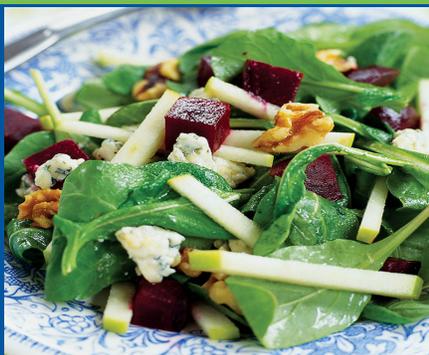
Use this exercise to strengthen your core, which includes abdominals, obliques, and lower back.

- 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.
- Exhale. As you exhale, lift and extend one arm forward and the opposite leg backwards.
- 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:

Apple, Beet, and Gorgonzola Salad

Autumn means local orchards are filled with hundreds of varieties of crisp and delicious apples. Rich gorgonzola is paired with the sweetness of apples and beets and topped with balsamic vinaigrette. [Click Here for This Month's Education Calendar](#)

[Click Here to REGISTER for September Programming](#)



AUGUST COOKING DEMO



Southwestern Taco Salad

Not all salads are healthy. Wondering how to do a light taco salad? Load up on fresh ingredients! This recipe does just that and is bursting with flavor that will satisfy your taco cravings.

INGREDIENTS

Salad:
1-15 oz. can black beans (no salt added)
2 ears of fresh sweet corn, shucked and cleaned
¼ cup chopped fresh cilantro
1 green bell pepper, diced
4 green onions, chopped
2 roma tomatoes, diced
1 ripe avocado, diced

1 head of romaine lettuce, chopped
6 oz. low sodium tortilla chips
Juice of 1 lime (optional)
Sauce:
1 cup plain low fat Greek yogurt
1 Tbsp. ranch seasoning
1 Tbsp. low sodium taco seasoning

DIRECTIONS

1. Drain and rinse black beans.
2. Rinse and chop vegetables and cilantro. Use a sharp knife to slice corn off the cob.
3. To cut the corn off the cob: Place small bowl in large bowl upside down and use knife to shave it off the cob.
4. Mix together black beans, corn, cilantro, bell pepper, green onions, tomatoes, avocado, lettuce, and chips.
5. For the sauce: mix together the yogurt, ranch seasoning, and taco seasoning.
6. Mix the vegetables with the sauce to lightly coat. Garnish servings with lime wedges.

Nutrition Information:

Calories 352, Total fat 13 g, Saturated fat 3 g, Trans fat 0 g, Cholesterol 3 mg, Sodium 228 mg, Carbohydrate 51 g, Fiber 10 g, Sugars 6 g, Protein 13 g
Recipe from Ashley Denton, RDN, LD



Eat This, Not That at Wendy's

Wendy's is known for their "fresh, never frozen" square beef patties that hang off the edge of the round bun; but those burgers tend to pack a punch when it comes to saturated fat, sodium, and calories. Just like with every restaurant, there are some options that are better than others.

Eat this! Small Chili and Sour Cream & Chive Baked Potato

Nutrition Information	
Calories	480
Total Fat	7.5 g
Saturated Fat	3.5 g
Trans Fat	0 g
Cholesterol	45 mg
Sodium	815 mg
Potassium	2010 mg
Total Carbohydrate	79 g
Fiber	11 g
Protein	23 g

In this case, a Dave's Double and small fry has more than double the calories, saturated fat, and sodium than the small chili and baked potato. The chili and potato option also has more potassium and fiber. If you just can't get past your cheeseburger craving, stick with the junior cheeseburger and choose a garden side salad with the vinaigrette dressing to complete your meal and fill you up.

Not that! Dave's Double and Small Natural Cut Fries

Nutrition Information	
Calories	1130
Total Fat	66 g
Saturated Fat	22.5 g
Trans Fat	3 g
Cholesterol	175 mg
Sodium	1830 mg
Potassium	1340 mg
Total Carbohydrate	82 g
Fiber	7 g
Protein	54 g

*Nutrition Info can be found on Wendy's website here:
<https://www.wendys.com/en-us/nutrition-info>