

Newsletter

Unwrapped Challenge



Goal: Participating in **Unwrapped** makes you more aware of whether or not you are getting your fill of fruits and vegetables daily. Each day you will

record your fruit and veggie intake online. Along the way, you earn one point for each cup of fruit or vegetable eaten daily. Meet the recommended goal of two cups of fruit and three cups of vegetables daily and you earn **BONUS** points to move you closer to the goal of 375 points by the end of the challenge.

Challenge Runs

Monday, April 18 – Sunday, May 29 (6 Weeks)

Registration: March 28, 2016 - April 24, 2016

Registrater online at:

www.mywellsite.com/tavihealth/FranklinCounty.

If registering online please use Company Code:

ThriveOn

The Top 10 teams who average 375 points or more will receive a **\$25 Kroger** or **Giant Eagle gift card** for each employee on the team!

Only employees are eligible for the \$25 Gift Card. Spouses of employees can participate and will be eligible for the Hello Happy points. Each participant who achieves 375 points or more will receive 10 points for the Hello Happy Incentive Campaign.

Exercise of the Month: Mountain Climbers

Mountain climbers are a popular exercise you can perform without any equipment. This exercise is a full body exercise that you will feel all over. It targets many muscle groups including your core, upper and lower body, and it will also raise your heart rate, giving a great cardio workout.

- Start in a **push-up position** with your arms slightly wider than shoulder width apart.
- Bring **one knee up** toward your chest as if you were taking a step. Keep the other leg extended. Both legs should still be in contact with the floor with even weight distribution.

- **Switch legs** as if you were climbing steps.
- Once you have the basic movement down, **speed up** the movement of reversing the position of your legs.
- **Repeat** in 20-30 second increments.



Coming this Month

Cooking Demo:

Pesto Pasta

Let your taste buds take a trip to Italy with this fresh pesto sauce! Typically, pesto is made with basil and pine nuts. This recipe gets a flavor boost with the addition of toasted walnuts and kale. Not only do these ingredients add flavor, they are nutrition super foods!

[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](#)



March Cooking Demo Recipe



Easy Tortilla Soup

Warm up with **super soup!** Eating soup is a great way to practice eating slowly and really savoring the flavor. This healthy soup recipe can be thrown together in about 15 minutes and is **bursting with flavor.**

Ingredients:

- 1 tablespoon olive oil
- 4 garlic cloves, minced
- 1 tablespoon chili powder
- 2 cans (14.5 oz. each) diced tomatoes in juice
- 2 cans (15 oz. each) black beans, rinsed & drained
- 1 can reduced sodium vegetable broth
- 10 ounces frozen corn
- 1 cup of crushed tortilla chips
- 1 tablespoon lime juice

Directions:

- ➔ In a large saucepan, heat oil over medium. Cook garlic and chili powder until fragrant—about 1 minute. Add tomatoes (with juice), beans, broth, and corn.
- ➔ Bring soup to a boil; reduce to a simmer. Add tortilla chips; cook until softened—about 2 minutes. Remove from heat; stir in lime juice and season with salt and pepper.

If you are looking for a **meatless** meal, look no further. The beans from this recipe boost the protein and provide fiber to help you feel full. You may be tempted to plop a dollop of sour cream on this soup, but try adding low-fat plain Greek yogurt or a few slivers of avocado instead!

Recipe From: <http://www.marthastewart.com/315478/tortilla-soup-with-black-beans>
Modifications by Ashley Denton, RDN, LD

Cost per Serving: \$1.96

Cost per recipe: \$7.85

Yield: 4 servings (1½ cup)



Food Fight “Eat This, Not That” At Jimmy John’s



If you are eating at Jimmy John’s, chances are you are looking for something quick and easy. Jimmy John’s prides itself on being ridiculously fast. When you are in a hurry, it’s easy to let nutritional value go out the window. But, not so fast! Here’s a quick tip: **skip the Giant Club Sandwich section** on the menu and speed past the J.J. Gargantuan sandwich. Instead, **enjoy one of the Plain Slims or 8” Subs** and slow down to eat your meal.

Eat this!

Option #1: Big John roast beef sandwich with mayo, lettuce, and tomato

Calories	540
Fat (g)	23
Saturated Fat (g)	3.5
Cholesterol (mg)	55
Sodium (mg)	1150
Carbohydrates (g)	55
Dietary Fiber (g)	4
Protein (g)	25

Not that!

Option #2: J.J. Gargantuan

Calories	1134
Fat (g)	55.3
Saturated Fat (g)	14.8
Cholesterol (mg)	179
Sodium (mg)	3534
Carbohydrates (g)	83
Dietary Fiber (g)	5
Protein (g)	73

Many of the Giant Club Sandwiches are well over 800 calories, but Jimmy John’s proclaims that the **J.J. Gargantuan** will feed the hungriest of humans with a whopping **1134 calories!** One quick glance at the rest of the nutrition information and you will see that this giant sandwich is also loaded with sodium and saturated fat. **The Big John roast beef sandwich** on the other hand, will likely be plenty to **satisfy a hungry appetite.** Slow down and enjoy your sandwich! When you eat too fast, you are more likely to over eat.