

Newsletter

The Big 1 Challenge Winners



**Congratulations to the winners of
The Big 1 Challenge:**

Jill Jeter—Fitbit
Eric Michael—Fitbit
Michael Frank—Fitbit
Shanele Mason—Fitbit
Darla Reardon—Fitbit
Ted Beidler—Apple Watch
Kyle Shutt—Apple Watch
Mary Fay—Apple Watch
James Janlin—Apple iPhone

**Flu Season is
almost here!**

Don't forget to
schedule your free
flu shot appointment:

[http://bit.ly/
FluShotToday](http://bit.ly/FluShotToday)

Exercise of the Month: Squats

Your muscles don't know if you're in a fancy gym or in your kitchen. Take advantage of free moments throughout your day to squeeze in a bit of exercise. Squats target your glutes, quads, hips, calves, shins, and abs. You can do squats just about anywhere with no equipment.

How to: Stand with your feet slightly wider than hip width apart with toes facing forward or slightly out-turned. Place your hands by your side and keep your shoulders pulled back. Shift your weight back into your heels, and "sit" back. Keep your core engaged and your chest and head lifted and aligned. Lower yourself until your thighs are parallel or near parallel to the floor. Make sure your knees do not extend over your toes. Slowly rise to a standing position, squeezing your glutes at the top.

Squat Variations: to increase intensity or change the muscle groups that you are working, try these:

Weighted Squats: Add dumbbells. If you don't have dumbbells, you can use bottles of water or cans of food.

Sumo: Follow the same steps as a bodyweight squat with the following exception: stand with legs wider than hip width (3-4 feet apart), toes pointed out to a 45 degree angle.

Single leg: Wrap your foot around the lower part of your support leg and squat. If you need help with balance, try holding on to a chair.



Coming this Month

Cooking Demo:

Southwestern Corn and Black Bean Salad

Looking for an **easy** weeknight meal? Look no further! This combination of black beans, cabbage, tomato, and corn is **bursting with flavor** and easy to pull together. It can also be made in advance for lunch the next day.

[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](#)



Avocado and Chickpea Salad Sandwich

This refreshing upgrade to classic egg salad gets its creaminess from heart healthy avocado instead of not-so-heart healthy mayonnaise. Chickpeas (also known as garbanzo beans) are a great source of fiber and lean protein that will help keep you full and satisfied.

Ingredients:

- 1 (15 oz.) can of chickpeas or garbanzo beans
- 1 large ripe avocado
- ¼ cup chopped fresh cilantro
- 2 tablespoons chopped fresh green onions
- Juice of 1 lime
- Pinch of salt
- Pinch of pepper

Estimated Cost per Serving 63¢
 Estimated Cost per recipe \$2.50

Directions:

Rinse and drain the chickpeas. *Optional: remove outer skins.* In a medium bowl, using a fork or potato masher smash the chickpeas and avocado together. Add in cilantro, green onion and lime juice. Season with salt and pepper, to taste. Spread salad on bread and top with your favorite sandwich toppings.

Recipe Source: <http://www.food.com/recipe/smashed-chickpea-avocado-salad-sandwich-496449>



Eat This, Not That at IHOP

“Let’s go out for breakfast!” After a long week, what better way to treat yourself? IHOP has been around for nearly 60 years and may be one of the first places that comes to your mind when you decide to go out for breakfast.

↙ Choose this

Two X Two X Two

(2 pancakes, 2 strips of bacon, and 2 fried eggs)

Calories	560
Total Fat	32 g
Saturated Fat	12 g
Trans fat	0 g
Cholesterol	470 mg
Sodium	1460 mg
Total Carbohydrate	40 g
Fiber	2 g
Sugars	10 g
Protein	28 g

↗ Not that

Raspberry White Chocolate Chip Pancakes

Calories	850
Total Fat	21 g
Saturated Fat	9 g
Trans fat	0 g
Cholesterol	75 mg
Sodium	1810 mg
Total Carbohydrate	149 g
Fiber	6 g
Sugars	83 g
Protein	18 g

Follow one good rule of thumb when making your selection: if it looks like it should be on the dessert menu, find another option.

As you can see, the **Raspberry White Chocolate Chip Pancakes** will give you a hefty dose of sugar. To help put it in perspective, 83 grams of sugar is about **21 teaspoons!** Your blood sugar will spike and fall quickly. This big spike in blood sugar will likely leave you tired and possibly in search of more food to perk you up. You will be better off choosing the classic bacon, egg, and pancake combo. While this meal does have a bit more fat, it will keep you full and satisfied for longer and keep your blood sugar steady.