

# Newsletter

## Great River Organics

In our continued commitment to your wellness, ThriveOn is thrilled to partner with Great River Organics to offer our employees the opportunity to receive the Great River Market Bag — a weekly market bag of fresh, local, certified organically grown produce.



If you are interested in delivery at another location, email [info@greatriverorganics.org](mailto:info@greatriverorganics.org) (15 or more subscribers are required to set up additional delivery locations).

Learn more about the Market Bag at [www.greatriverorganics.org](http://www.greatriverorganics.org). To reserve yours for 2016, click on the “**Sign up now for 2016!**” button at the top right of the page.

**Delivery is set up to begin the first week of June, delivered right to our offices at 373 South High Street and 855 West Mound Street.**

For additional questions about the program, contact [marketbag@greatriverorganics.org](mailto:marketbag@greatriverorganics.org). Don't wait to reserve yours!

## Exercise of the Month: Inner-Thigh Leg Lifts

**This exercise will help tone and strengthen your inner thighs.**

- Lie on your right side with your right arm under your head like a pillow. Place your left arm in front of your chest like a kickstand for support. Keep neutral spinal alignment and tighten your abdominals to support your back.
- Bend your left knee and place your left foot on the ground in the front of your body.
- Exhale as you lift your right leg as high as possible without changing your spinal alignment.
- Inhale as you lower your right leg just above the ground. Do not lose neutral pelvic position; hike one

hip higher than the other and arch your back or roll your hip forward or backward.

- Do 8-12 repetitions. Follow with 12 short pulses (small, quick extra lifts) with leg lifted high.
- Repeat with your left leg.
- Repeat 2-3 times on both legs.



## Coming this Month

### Cooking Demo:

#### Springtime Tofu Scramble

**Tofu is a staple for many following a vegetarian diet, but it's not just for vegetarians!** Tofu is a soybean product made from the curds of soymilk, similar to the way cheese is made. Tofu is a blank canvas for any flavor combination that strikes your fancy. This recipe uses simple fresh spring flavors.

[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](#)



# April Cooking Demo Recipe



## Pesto Pasta

### Ingredients:

- ½ bunch kale (about 3 stocks, stems discarded)
- 14 ounces whole grain rotini pasta
- ¼ cup toasted walnuts
- 1 clove garlic, minced
- ½ cup Parmesan cheese
- ¼ cup olive oil
- ½ teaspoon garlic salt
- 1 tablespoon lemon juice

Recipe Source: [www.bloglovin.com](http://www.bloglovin.com)

### Directions:

- ▶ Boil about 6 cups of water. Rinse kale and rip leafy parts off of stems. Discard stems. Add kale to boiling water and boil for about 5 minutes until tender.
- ▶ Remove kale from water (keep the water in the pot), and set in strainer to drain. Add pasta to boiling water; cook 10 minutes or until tender.
- ▶ Drain pasta reserving about ½ cup of water in pot. Return pasta to pot with the reserved water.
- ▶ Squeeze kale to drain any excess water. Add kale, garlic, Parmesan, garlic, garlic salt, and toasted walnuts to the food processor or blender.
- ▶ Pulse blender and gradually add olive oil until all ingredients are combined.
- ▶ Add pesto to pasta and toss to coat.
- ▶ Add lemon juice and stir.

**Discard the stem:** the stem of kale is tough and fibrous and difficult to chew. When using kale, remove the stem with a knife or pull the leafy parts away from the stem.

**Time saving tip:** make a large batch of pesto and freeze it. When you are crunched for time, pop it in the microwave to thaw and add to cooked pasta.

**Make it a meal:** add grilled chicken, grilled salmon, or white beans.

Cost per Serving: 45¢

Cost per recipe: \$3.60

Yield: 8 servings



## Food Fight “Eat This, Not That” At Raising Cane’s Chicken Fingers



Many chain restaurants are opting to adopt a “no-choice” menu — meaning they have one specialty item and only serve that one item. Raising Cane’s Chicken Fingers is a great example of a very successful “no-choice menu.” Their menu is simple: chicken fingers, crinkle-cut fries, coleslaw, and Texas toast. When you pull up to the drive through, you are greeted by a friendly voice singing a catchy jingle prompting you to choose a chicken finger combo. **Great news, you do have a few options!**

### Eat this!

**Option #1: 3 Finger Combo** (Swap Texas toast for coleslaw and choose water in place of a sweetened beverage.)

Calories	748
Carbohydrates	80 g
Fat	39 g
Protein	41 g
Sodium	1,213 mg
Sugar	0 g

### Not that!

**Option #2: Caniac Combo**

Calories	1,492
Carbohydrates	179 g
Fat	64 g
Protein	85 g
Sodium	2,431 mg
Sugar	55 g

**Obviously, fried chicken isn’t the healthiest option out there. But your healthy eating plan has room for it as an occasional “splurge.”** Look for options where you can compromise a bit so that you don’t overindulge. The 3 finger combo (minus the soda and bread) is still a pretty high calorie, high fat meal, but it’s a MUCH better choice than the Caniac Combo. Even dietitians like me occasionally splurge on a few chicken fingers. I skip the combos all together and buy single fingers instead. I like to bring them home and serve them up on a bed of freshly chopped cabbage, or mixed in with a pre-made salad. They are also tasty wrapped up with some veggies in a whole grain wrap. When you think about it, the healthier options are endless!