

Newsletter

Congratulations to everyone who completed the Good Nights, Great Days Challenge!

The Top 10 Teams:

Sheriff's Civil	10,500 points	Child Support Enforcement B	9,855 Points
Auto Title West	10,442 points	Board of Commissioners	9,712 Points
Auto Title South	10,370 points	Soil and Water	9,303 Points
Engineer's Office	10,070 points	Common Pleas General Div.	9,266 Points
Veterans Services	9,893 Points	Pickaway County	9,192 Points



Exercise of the Month: Go for a Winter Walk



As winter approaches, keep enjoying the outdoors. Exercising in cold weather burns a few more calories because your body works harder to stay warm. Be sure to protect yourself from the elements.

- Check with your healthcare provider if you have heart disease, diabetes, or asthma, as exercising in the cold weather may be too stressful for your body.
- Wear hiking shoes soled with grips designed for walking in snow.
- Wear thick socks, gloves, and a ski mask or hat. Use sunscreen even on overcast days.
- Dress in comfortable warm layers. Your bottom layer should be wicking material that will draw moisture away from your body.
- Allow more time (up to 10 minutes) for a gradual warm up.
- If your hands or feet feel numb, return indoors.
- Do your final stretches inside, where it's warm.

Coming this Month

Cooking Demo: **Turkey Pinwheels**

Looking for a healthy appetizer to bring to a Super Bowl party? Whether you are a football fan or not, this recipe is sure to be a crowd pleaser. It combines whole grains, lean meat, and vegetables that can make a healthy appetizer or be packed up as a healthy lunch.

[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](#)



December Cooking Demo Recipe



Chocolate Avocado Pudding

Maybe it's the cold weather, stress from the holidays, or just tradition that makes us crave chocolate and fat this time of year. Be prepared to combat these cravings with this healthy sweet treat.

Ingredients:

- ½ cup of unsweetened cocoa powder
- 2 ripe avocados, pitted and peeled
- ¼ cup skim milk
- 6 Tbsp. honey
- 1 tsp. vanilla

Directions:

- Put avocados, honey, skim milk, cocoa powder, and vanilla in food processor. Blend until smooth.
- Scoop pudding into a bowl and cover tightly with plastic wrap. Chill in the refrigerator for at least 30 minutes (up to overnight).
- Serve chilled and enjoy!

Recipe from: http://www.huffingtonpost.com/2015/05/19/avocado-chocolate-pudding-recipe-healthy_n_7308432.html
Modifications by Ashley Denton, RDN, LD

Cost per Recipe: \$2.75 • Cost per Serving: \$0.69 • Yield: 4 servings (serving size = ½ cup)



Food Fight “Eat This, Not That” At Arby's



Arby's offers many quick on-the-go choices. While the lean meat options are better than many fried ones at fast food joints, there are still some sandwiches to watch out for! What sounds healthy may not always be so. Let's take a look:

Eat this!

Option #1: Classic Roast Beef and Cheddar Sandwich

Calories	450
Fat (g)	20
Saturated Fat (g)	6
Cholesterol (mg)	50
Sodium (mg)	1280
Carbohydrates (g)	45
Dietary Fiber (g)	2
Protein (g)	23

Not that!

Option #2: Market Fresh Roast Turkey Ranch & Bacon Sandwich

Calories	800
Fat (g)	34
Saturated Fat (g)	10
Cholesterol (mg)	80
Sodium (mg)	2420
Carbohydrates (g)	79
Dietary Fiber (g)	5
Protein (g)	45

Even though turkey sounds like a healthy option, the large sandwich size coupled with added bacon and Ranch dressing makes for a less healthy option. The roast beef sandwich is lower in calories and fat, and you won't feel like you are sacrificing taste for health!

Don't forget to add veggies to your meal! Consider including a small chopped side salad instead of one of the fried options. If you do decide to treat yourself to curly fries, consider choosing the "snack" size. The snack size is 250 calories, while a large curly fry is 650 calories — more than the roast beef sandwich!