

Newsletter

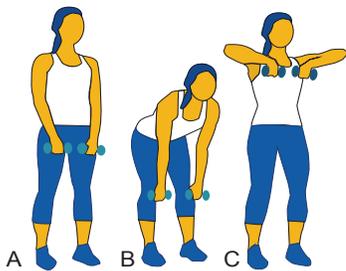
All Teams OR Individuals that average 3,000 points or more, receive a \$25 gift card!



Congratulations to the following teams for averaging OVER 3,000 Points!

- Public Facilities Management
- Office on Aging and Public Health
- Engineer's Office and Fleet Management
- Board of Commissioners
- Sherriff
- Clerk of Courts and Auto Title
- Public Defender
- Sanitary Engineering & Veteran Services
- Pickaway County
- Purchasing & Homeland Security and Justice Programs
- Auditor

Workout of the Month: Deadlift to Upright Row



1. With feet shoulder-width apart and legs straight, hold the dumbbells in each hand, palms facing your body. Bend at the waist, letting the dumbbells hang to the floor.
2. Use your hamstrings and glutes to pull your body back to start. As you rise, lift the dumbbells by raising your elbows until they reach your chest.
3. Slide them back down to your waist, and repeat.

Beginner: 1 set of 12 repetitions

Intermediate: 2 sets of 12 repetitions

Advanced: 3 sets of 15 repetitions

Coming this Month

Cooking Demo:

Scrumptious Summer Fruit Spinach Berry Salad

Fresh berries are nature's sweetest treat! During the summer months in Ohio, you can enjoy local blueberries, strawberries, and raspberries. This spinach berry salad packs a punch of vitamins and minerals. Join our expert dietitian as she creates a recipe that will satisfy your taste buds!

[-Click Here for This Month's Education Calendar-](#)

Fitness Classes:

***New Classes:**

Children Services West Mound:
TBC 5:15 pm - 6:15 pm

Children Services East Main:
Core & More 11:30 am - 12:15 pm

Children Services Franklin Rd. :
Bootcamp 12:45 pm -1:30 pm

Government Tower:
Beginners Yoga 11:30 am - 12:15 pm
Progressive Yoga 12:30 pm - 1:15 pm

Fitness Classes offered:

Bootcamp
Chair Fit
Gentle Yoga
Hatha Yoga
Beginners Yoga
Progressive Yoga
High Intensity Interval Training (HIIT)
Line Dancing
Meditation
Strictly Strength
Total Body Circuit (TBC)
Zumba

[-Click Here for This Month's Fitness Calendar](#)

June Cooking Demo Recipe

Chickpea and Artichoke Salad

INGREDIENTS

- 2 tablespoon olive oil
- 1 (15 ounce) can chick peas, (drained)
- 1 can artichoke hearts, drained and sliced lengthwise
- ¼ cup sliced almonds (toasted if desired)
- 2 tablespoons lemon juice (more to taste)
- 1/2 teaspoon salt
- 1 teaspoon dried parsley (2 tablespoons fresh chopped parsley)
- 1 teaspoon dried basil (2 tablespoons fresh chopped basil)
- 4 cups baby spinach

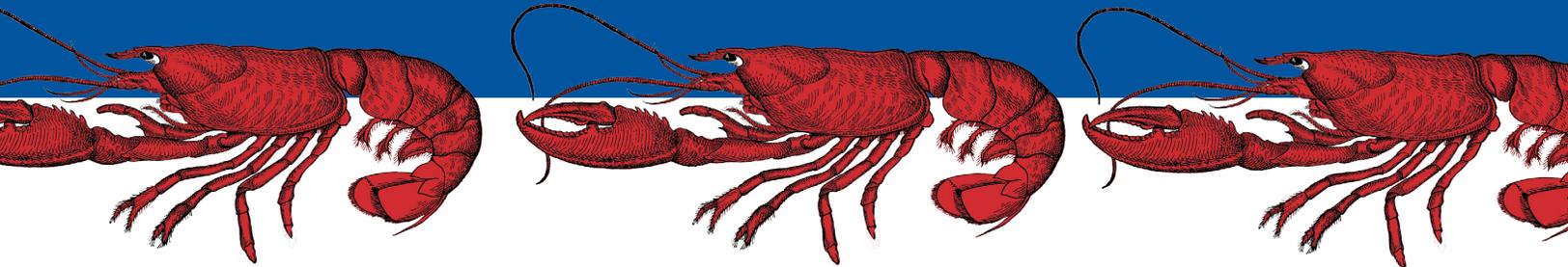
Cost per Recipe= \$4.33

Cost per Serving: \$1.08

DIRECTIONS

1. Toast the almonds in a dry skillet.
2. Heat 1/2 of the oil in medium sauté pan. Add the chickpeas and cook on medium-high for 5 minutes, stirring only occasionally to prevent burning, until the chickpeas are golden brown all over. When done, put them in a large mixing bowl and set aside.
3. Add more oil to the pan and cook the sliced artichoke hearts until browned. Add them to the bowl of chickpeas.
4. Add the almonds to the artichokes and chickpeas. Season the salad with lemon juice and salt and stir in the chipped parsley. Serve warm or at room temperature, adjust the seasoning if needed. **Optional:** stir fresh spinach or de-ribbed kale into the warm chickpea/ artichoke mixture.

Food Fight at Red Lobster



With the wide variety of delicious options at restaurants, it can be very difficult to make the healthiest selection. When evaluating which option to choose, consider the amount of calories, total fat, saturated fat, carbohydrates, protein and sodium. By enlisting the help of the food fights you can determine which dish is crowned healthiest for you.

Just in case you were wondering, one of the delicious Cheddar Bay Biscuits has: 160 calories, 10 grams of fat, 16 grams of carbohydrates, 380 milligrams of sodium and 3 grams of protein.

Option #1:

Tilapia with Roasted Vegetables

Calories	540
Fat	16 grams
Carbohydrates	61 grams
Protein	39 grams
Sodium	1630 mg

Option #2:

The Admiral's Feast

Calories	1200
Fat	62 grams
Carbohydrates	97 grams
Protein	64 grams
Sodium	3300 mg