



Newsletter

Volume 1, Issue 12

April 25-30, 2011

WOW's

No WOW this week, be sure to try the Tue or Thur kickboxing class at Healthy Lifestyles at 5:15 pm-free to F4L folks!

FINAL WEIGH IN'S & MEASUREMENTS:

You can go to Healthy Lifestyles the last week of the challenge or go to the Health Dept the 25-28th (M-Th) from 7:30-12:30 & 1:30-4:30.

Thank You to all our Sponsors:

Healthy Lifestyles, Howell Co Health Dept, The Firm Fitness Center, Curves for Women, Donahue Roofing and McDonald's.

We also want to thank Personal Trainers Brandon Hunter, Jenny Poor and Ashley Houlihan for all their workouts. A big thanks to all of our WOW sponsors: Silver Sneakers, Kickboxing at HL, Success Fitness for Zumba & Pilates classes, Yoga at Healthy Lifestyles and Cross Fit at the Firm.

Tips for Maintaining Your Weight Loss

1. Start Small

Think about your current lifestyle, then decide on one or two healthier habits you could add into your life. Remember, they ought to be things you can maintain long-term.

2. Keep a Journal

Many people find it to be the single most important thing that helped them gain control of their weight.

3. Don't "Diet"

Don't you hate the word diet? The very term itself has such negative connotations. A fancy weight loss diet isn't

necessary for weight loss. In fact, you'd probably do a lot better if you just stopped dieting, and instead focused on eating fresh, whole foods most of the time.

4. Try a Portable Motivator

This could be an image of you at your heaviest/lightest/fittest--whatever works best for you.

5. Stick With It

Successful losers will tell you it gets easier with time. Studies show that people who have successfully maintained their weight loss for 2-5 years have a much better chance of longer-term success.

6. Address Weight Gain Early

Usually, it's the result of not monitoring how you're doing consistently, so you don't notice things going off a little. To avoid this make sure you keep a consistent check on things, and put the brakes on any weight gain before it gets out of hand again.

7. Take Regular Exercise

Despite Time Magazine's recent bunk article, the fact remains that those who continue with some kind of exercise routine are much more likely to maintain their weight loss.

LAST CHANCE WORKOUT INSTEAD OF 5K RACE

With every Saturday filled with youth track meets, soccer games and baseball we were not able to schedule an organized race. Therefore you are going to get the **Last Chance Workout** with all your favorite trainers: Jenny Poor, Ashley Houlihan,

Brandon Hunter, and Cammie Svuba! The workout will take place at **Carmichael Field on Saturday, April 30th starting at 9 AM!**

We are all very proud of everyone that participated in the F4L

challenge! You care about your health and so do we. Stick with your healthy way of living and get others to join you. Together we can make this community a healthier place!

*The F4L Coordinators:
Jenny Poor, Brandon Hunter, Cammie Svuba and Dawn Hicks.*



Phone: 417-256-7078-Howell County Health Dept
Phone: 417-256-4592-Healthy Lifestyles

FIT 4 LIFE

Public Health:
Prevent. Promote. Protect.

Get Moving!

Don't forget we have a **Fit 4 Life Facebook page** and we have information like the calendar of workouts and events and weekly newsletters on the Howell County Health Department website at www.howellcountyhealthdept.com.

Be sure to get weighed in every week at Healthy Lifestyles. Here are their hours:

Monday: 9am-12:30pm & 2-6pm Thursday: 10am-1pm & 2:30-6pm

Tuesday: 9am-12pm & 1-4pm Friday: 9am-3pm

Wednesday: 11am-2pm & 3:30-7pm

The Firm Fitness Center will offer all F4L participants a gym membership at the corporate rate after the F4L challenge is over! This is a reduced price so take advantage of this special offer, just be sure to tell them you were a F4L participant. Call for more info at 417-257-7800!

Tobbouleh with Feta and Shrimp

Makes: 4 servings

Prep time: 15 minutes

Cook time: 25 minutes

Ingredients

1 cup bulgur*
1 packed cup parsley, chopped
1/4 cup fresh lemon juice
2 tablespoons olive oil
Pinch salt
Pinch ground cumin
Pinch dried mint
8 ounces medium cleaned, shelled, tail-on shrimp, thawed if frozen
1 large pickling cucumber, peeled, seeded, and chopped

1 cup chopped tomato

1 cup chopped scallion

1/4 cup crumbled feta

Directions

1. Bring 1 1/2 cups of water to a boil in a saucepan and add the bulgur. Bring the liquid back to a boil and then cover the pot, turn off the heat, and let sit for 25 minutes.
2. Meanwhile, in a bowl, whisk together 1 teaspoon of the parsley with the lemon juice, olive oil, salt, cumin, and mint.
3. Bring a small pot of water to a boil. Add the shrimp and simmer for 1 1/2 minutes. Drain, then rinse under cool water.
4. Place the bulgur in a serving bowl and toss with the shrimp, cu-

cumber, tomato, scallion, feta, the remaining parsley, and the dressing. Serve at room temperature or chilled.

Nutrition facts per serving: 297 calories, 19g protein, 35g carbohydrate, 10g fat (2.3g saturated), 9g fiber

