



Newsletter

Volume 1, Issue 5

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WOW's

This week there will be 2 WOWs for you to enjoy!

The first is on Friday, March 11 at 5:30 at Healthy Lifestyles with Ashley Houlihan, Certified Personal Trainer. If the weather is nice it may be an outside workout.

The second is Saturday, March 12 at 1:00 pm at the Firm Fitness Center with Certified Personal Trainer Jenny Poor.

People say that losing weight is no walk in the park. When I hear that I think, yeah, that's the problem.

~Chris Adams

Replenish Your Energy After Your Workout from www.fitnessmagazine.com

Whether you work up a sweat in the morning or evening, chances are you grab a little bite before you hit the gym. A snack before you work out helps give you energy and stamina to go the distance. But did you know that eating a snack *after* you work out is even more important? "You want to make sure you feed your body to help repair muscle tissues and

replenish glycogen stores [which are depleted after a strenuous workout]," says Kristin Reisinger, MS, RD, a sports nutritionist and competitive figure athlete based in New Jersey. Here, is one snack to fuel your body post workout (Reisinger recommends chasing a snack with 8-12 ounces of water).

"After a workout, you want ample protein

combined with a carbohydrate," says Reisinger. A protein shake made from whey protein, water, and half a banana is a great choice, since your body quickly turns it into energy.

Recommended Serving Size: 2 scoops of whey protein powder combined with water and 1/2 banana, 250 calories



Yummy!

You Think: "I can't do another rep."

Need a lift? Just psyching yourself up while you're strength training can increase your muscle power by 8 percent, according to a study from the School of Sport and Exercise Science at Win-

tec, Waikato Institute of Technology in New Zealand; you'll reap about 12 percent more power imagining those perfect lifts versus when you're distracted.

If you can't muster more reps at the same weight, go lighter.

Decrease the amount that you're lifting in 10 percent increments until you can finish the set with good form.



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

FIT 4 LIFE

Public Health:
Prevent. Promote. Protect.

Get Healthy!

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• 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**.

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

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• **Monday: 9am-12:30pm & 2-6pm**

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• **Tuesday: 9am-12pm & 1-4pm**

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• **Wednesday: 11am-2pm & 3:30-7pm**

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• **Thursday: 10am-1pm & 2:30-6pm**

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• **Friday: 9am-3pm**

Recipe: Waldorf Chicken Wraps

Makes: 5 servings

Ingredients

- 1 cup nonfat plain yogurt or 3/4 cup nonfat Greek-style yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 1 teaspoon minced thyme
- 1 pound cooked skinless chicken [breast](#), cut into 1/2-inch cubes
- 1/2 cup seedless grapes, sliced in half

1/4 cup toasted, coarsely chopped walnuts

1 medium apple, cored and diced (about 3/4 cup)

Freshly ground black pepper, to taste

5 large leaves romaine lettuce, rinsed and patted dry

5 whole wheat wraps, about 8 inches in diameter

Instructions

If using regular yogurt, place in a strainer lined with a paper towel. Put strainer over a bowl and place in the refrigerator to drain and thicken for 30 minutes.

In a small bowl, combine the thickened or Greek-style yogurt, mayonnaise, lemon juice, mustard, salt, and thyme; mix until smooth. Fold in chicken, grapes, walnuts, and apples. Season with pepper.

Place one lettuce leaf on a wrap. Spoon about 3/4 cup of the chicken filling onto wrap and roll wrap around filling.

Nutritional Information

Per serving: 369 calories, 36g protein, 29g carbohydrate, 12g fat (2g saturated), 14g fiber