



# Newsletter

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## WOW's

There are 3 Workout of the Week this week, all of them **YOGA** classes. The first is on Monday, March 21 at 5:30 pm, Tuesday, 23 at 5:30 pm and Thursday, 24 at 8:15 am, all of the classes will be held at Healthy Lifestyles!

### Curb your Cravings!

In a study, dieters who spent about 7 minutes meditating each day experienced far fewer food cravings than their non-meditating peers. *And* the meditators were far more likely to resist their cravings.

A group of study participants was taught "mindfulness meditation." With this method, they practiced recognizing, accepting, and experiencing their cravings rather than trying to ignore or suppress them. As a result of this meditative practice, people did a better job of holding those cravings off.

## Overeating Help: A Benefit of Yoga from Real Age

Wouldn't it be nice if, just once, you were able to say no to those office muffins or that second helping of Friday night pizza?

Well, guess what? Yoga could give you that willpower. That's right. Aside from making you stronger and more flexible, yoga may help you become smarter about food, too.

### Mind over Muffins

In a study, researchers surveyed more than 300 adults on their exercise and eating habits. Detailed questionnaires revealed that people

who regularly practiced yoga had a different eating style than people who did other types of exercise. Yoga practitioners were more tuned in to their appetites and were better able to judge when they were full and actually lay down the fork at the appropriate time. Could this be why the yoga devotees had lower body mass indexes on average, too?

### Work Your Will

Yoga requires calm and focus. The poses also require people to pay close attention to their bodies. And researchers suspect the increased

mind-body awareness developed from the practice is what gives people an edge against many of life's challenges. Like how to whiz by the fast-food drive-through and head home for dinner instead.



Yoga Anyone?

## Yoga's Surprising Health Benefits

For centuries, yoga gurus have said this ancient mind-body practice can do more than just keep you fit and flexible. In fact, they believe that regularly twisting your body like a pretzel on a sticky mat will yield incredible health benefits -- staving off insomnia, extra pounds, even heart disease.

Practicing yoga for an hour and a half three times a week can make your heart healthier in just six weeks, says recent research from the Yale University School of Medicine. The 33 men and women who did just that lowered their blood pressure and improved their blood vessels' ability to expand and contract by

17 percent. "How well the blood vessels dilate is a good indication of how healthy the heart is," says Satish Sivasankaran, MD, author of the study. Researchers speculate that the improvement is due to the stress-reducing benefits of yoga.



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](http://www.howellcountyhealthdept.com)**.

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

Monday: 9am-12:30pm & 2-6pm

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

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

Thursday: 10am-1pm & 2:30-6pm

Friday: 9am-3pm

## Recipe: Greek Quinoa and Avocados

**Makes:** 4 servings

### Ingredients

1/2 cup uncooked quinoa  
1 cup water  
2 Roma (plum) tomatoes, seeded and finely chopped  
1/2 cup shredded fresh spinach  
1/3 cup finely chopped red onion  
2 tablespoons lemon juice  
2 tablespoons olive oil  
1/2 teaspoon salt  
Spinach leaves  
2 avocados, pitted, peeled, and sliced  
1/3 cup crumbled feta cheese

### Directions

1. Bring quinoa and water to a boil in a small saucepan. Reduce

heat; cover and simmer for 15 minutes, or until liquid is absorbed.

2. In a medium bowl, stir together quinoa, tomatoes, spinach, and onion.

3. In a small bowl, whisk together lemon juice, oil, and salt. Mix with quinoa.

4. Place spinach on plates with avocado slices and quinoa. Sprinkle with feta.

**Nutrition facts per serving:** 332 calories, 7g protein, 27g carbohydrate, 24g fat (5g saturated), 8g fiber

*Originally published in FITNESS magazine, May 2009.*

Quinoa is not technically a grain it is a seed of the goosefoot plant.

Quinoa has been a staple food among natives of the South American Andes for about 5,000 years.

Quinoa is considered a complete protein, because it contains all eight essential amino acids. This makes it a good protein source for those on a vegetarian or vegan diet. Plus, quinoa is gluten-free!