



# Newsletter

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Mar 28-Apr 3, 2011

## WOW's

The Workout of the Week this week is Kickboxing at Success Fitness with Brandon Hunter, certified personal trainer on **March 29th at 6-7 pm.**

### REGISTER NOW!

We have a special **Self Defense class** being offered on April 14th from 6-8 pm at Healthy Lifestyles. The instructors are coming from Ozark for this class and have to have at least 30 people.

The first 20 F4L participants will be free if you call by April 7th and register for the class. After the first 20 slots are full the cost will be \$10 per person. This will be open to anyone in the community. If you are a F4L participant and you sign up for a free spot and can't attend & don't cancel there will be a \$10 charge.

## Free Your Mind, Meet Your Goals from Fitness Magazine

When I hear that phrase "You are getting sleepy," all I get is skeptical. Hypnosis makes me think of a pendulous stopwatch and audiences at comedy shows quacking like ducks. You too, I bet. But it's making a comeback.

While most researchers and doctors agree on the definition of hypnosis -- an altered state of consciousness characterized by heightened suggestibility and receptivity to direction -- the jury's still out on how it works. One thing that's clear is the strength of the mind-body connection. Simply thinking a negative thought triggers the release of stress hormones, but focusing on happiness,

love, or joy produces feel-good chemicals, such as serotonin and endorphins, which diminish anxiety, says Tracy Latz, MD, a psychiatrist and coauthor of *Shift: A Woman's Guide to Transformation*.

Still skeptical? Hypnotists have an arsenal of mental tools you can borrow and use on your own that range from "hypnosis light" -- visualization [exercises](#) and positive thinking -- to outright self-hypnosis. Get ready to master them -- and run faster, face your fear, feel less pain, and more.

Try this at home: Use your vocab to think positive. Enlist a partner -- a friend, your spouse -- to say "Switch" every time you utter a nega-

tive word, so you can swap in a positive one. For instance, if you say "I'm worried; I've never gone this far" before a long run, your buddy says, "Switch." Then you turn your statement around to "I'm going to feel so great when I accomplish this." "Even if you're not being hypnotized by an expert, with practice your unconscious mind will zone in on those positive words and help you get the outcome you want," says Yvonne Oswald, a hypnotherapist and author of *Every Word Has Power*.



## Top 10 Workout DVDs of 2011

1. Bob Harper Inside Out Method Pure Burn Super Strength (\$15, amazon.com)
2. Denise Austin Hot Body Yoga (\$15, collagevideo.com)
3. Personal Training with Jackie: Xtreme Timesaver Training (\$15, collagevideo.com)
4. Barre3 Total Body Lift Workout (\$20, barre3.com)
5. Jillian Michaels 6 Week Six-Pack (\$15, amazon.com)
6. Aerobarre (\$20, aerospacenc.com)
7. Exhale Core Fusion Lean & Toned (\$17, acialifestyle.com)
8. Dance with Julianne: Just Dance! (\$15, collagevideo.com)
9. Amy Dixon Super Fit Bod! (\$20, amazon.com)
10. Jeanette Jenkins Blast the Belly Fat (\$20, thehollywoodtrainer.com)



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: Lemon-Thyme Chicken w/ Sautéed Vegetables

**Makes:** 4 servings

**Prep time:** 5 minutes

**Cook time:** 15 minutes

### Ingredients:

4 tablespoons lemon juice  
1 tablespoon chopped garlic, divided  
1 tablespoon chopped fresh thyme, divided  
Salt  
Freshly ground black pepper  
1 pound chicken breast tenders, lightly pounded  
4 teaspoons canola oil  
1 medium shallot, sliced  
1 1/2 cups frozen shelled edamame, thawed  
1 1/2 cups grape tomatoes, halved  
2 medium zucchini

1/3 cup crumbled feta

### Directions:

1. In a ziplock bag, combine 3 tablespoons lemon juice, 2 teaspoons garlic, and 2 teaspoons thyme; season to taste with salt and black pepper. Add chicken tenders, seal the bag, and gently turn to coat. Set aside.
2. Heat 2 teaspoons canola oil in a large skillet over medium-high heat. Add shallot, remaining garlic, edamame, and tomatoes; sauté 4 minutes.
3. Use a vegetable peeler to slice zucchini into long ribbons. Add zucchini and remaining lemon juice and thyme to vegetables in skillet; sauté 2 to 3 minutes. Transfer to a serving bowl, stir in feta, and season with salt and

black pepper to taste.

4. Add remaining oil to skillet. Remove chicken from marinade and sauté 2 to 3 minutes a side or until cooked through. Serve with vegetables.

### Nutrition facts per serving:

327 calories, 28g protein, 16g carbohydrate, 13g fat (3g saturated), 5g fiber

