



Newsletter

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April 4-10, 2011

WOW's

The Workout of the Week this week is **Midwest Crime Prevention presentation at 5:30 pm at Healthy Lifestyles!**

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.

To Weigh Less, Just Add This from Real Age

Here's the deal, dieters. You'll make great strides in your effort to lose weight if you get a little extra of this past your lips: water. Up-ping your daily water intake by 33 ounces -- that's about 4 additional cups -- could help you melt an additional 2.5 pounds over the course of a yearlong diet. Here's the simple science behind the claim.

Water, Water Everywhere

When researchers evalu-

ated the water-drinking habits of overweight women who were following various popular diets (from Ornish to Atkins), water intake helped tip the scales in the right direction. The women who either upped their water intake or replaced sweet drinks with water lost about an extra 2.5 pounds. But it had to be water: Switching to or adding diet drinks didn't have the same effect.

Why Water's Great

So how does H2O give dieters an edge? It may be that

drinking water helps reduce calorie intake -- you're full of water, so you eat less! It could also be that the agua alters your metabolism in some helpful way. Just keep in mind that drinking water, by itself, doesn't melt pounds. The women who benefited from the extra H2O were already on reduced-calorie eating plans.



Don't be Fooled by Rules

Although there is probably no danger in following the 8 x 8 fluid rule, **remember that your own individual fluid needs may vary.** Drink fluids in comfortable amounts, and pay special attention to your fluid

intake during warm weather and times of physical exertion or illness. When you work hard or work out, also remember to monitor your own signs and symptoms of dehydration. Paying attention to your body can

help you promptly determine whether you need to up your intake of water or supplement your diet with more foods with high water content. Watermelon, strawberries, spinach, & cucumbers are just a few with high water contents!



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

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

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

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

Friday: 9am-3pm

Oh-So-Good Granola Bars

Power up -- while you slim down -- with this yummy snack.

By the editors of *FITNESS* magazine

Makes: 24 bars

Prep time: 10 minutes

Cook time: 35 minutes

Ingredients

- Nonstick cooking spray
- 1 cup quick-cooking rolled oats
- 1/4 cup all-purpose flour
- 1/4 cup whole wheat flour
- 2 tablespoons ground flaxseeds
- 1/2 cup Grape-Nuts cereal
- 1/2 teaspoon ground ginger
- 1 beaten egg
- 1/3 cup unsweetened applesauce
- 1/4 cup honey
- 1/4 cup packed brown sugar
- 2 tablespoons canola oil
- 1 16-ounce package mixed

- dried-fruit bits
- 2 tablespoons sunflower seeds
- 1/2 cup chopped walnuts
- 1/4 cup dark-chocolate chips

1. Preheat oven to 325 degrees. Line an 8-by-8-inch pan with aluminum foil and coat with cooking spray. Set pan aside.
2. In a large bowl, combine oats, both flours, ground flaxseeds, Grape-Nuts, and ginger. Add egg, applesauce, honey, brown sugar, and oil; mix well. Stir in fruit bits, sunflower seeds, walnuts, and chocolate chips.
3. Spread mixture evenly in prepared pan. Bake for 30 to 35 minutes or until lightly browned around edges. Cool completely on a wire rack.

Use edges of foil to lift cooked granola from pan, and cut into bars.

Nutrition facts per bar: 155 calories, 3g protein, 28g carbohydrate, 5g fat (1g saturated), 2g fiber

