

FIT 4 LIFE CHALLENGE

Volume 1, Issue 1

Week #1, February 6-12

RETHINK YOUR WEIGHT LOSS

You Think: "The scale is stuck. Why bother?"

Rethink: "This pudge will budge."
Stick with the scale: Love it and you'll probably lose pounds. In a study at the University of Minnesota, Twin Cities, of 3,026 adults who were watching their waistlines, those who weighed themselves more frequently lost more weight over two years or regained fewer pounds. This research backs up the benefits of daily weigh-ins, but weekly may do the trick: Three-quarters of the successful long-term slimmer's listed

in the National Weight Control Registry step on the scale at least once a week.

You Think: "Run a mile? Me? Not!"

Rethink: "Hey, doesn't that jogger look like Brad Pitt?"
When you're trying to slog through that first – or extra – mile, shift your attention to the things around you, says Alan St. Clair Gibson, PhD, MD, chair of sport sciences at Northumbria University in England: "You might slow down, but it will help you keep going." Also add a can-do mental mantra,



Life is short, be healthy & enjoy it!

like "I'm a running machine!" to put more mettle in your pedals.

Don't forget that weekly weigh ins are mandatory and you can miss up to 2. Do the weigh ins at Healthy Lifestyles during the week (office hours on the back)!

We will be having a couch to 5K program coming up soon too!

Fit Test

This year we are offering a Fit Test and workouts with Personal Trainer Mike Elmore to improve strength and fitness. The first Fit Tests are scheduled for February 7th & 9th from 5:15-6:00 pm. There will be a final fit test at the end of the challenge to see the most improved.

WOW

Workout of the Week, Wednesday, February 8th you can take an introduction Power Yoga class at the Firm Fitness Center from 9:30-10:30 am with instructor Jenna Timp. This is a faster paced yoga, but this will be an intro class for you to see what it is like and it is free for this first class!

RELAX & SLEEP TO LOSE WEIGHT BY REALAGE

Researchers put 432 obese adults on a standard eat-less/exercise-more weight-loss plan for 6 months. Although most folks lost weight, those with lower stress levels at the start of the study lost a lot more

than their anxious counterparts did. Sleep also impacted the amount of weight lost. People who snoozed at least 6 – but not more than 8 – hours a night were more likely to achieve the study's pre-established goal of at least

10 pounds, compared to those who got less or more shut-eye. Study participants with the most stress and sleep difficulties were 50 percent less likely than the mellow, well-rested dieters to slim down and reach the study's 10-pound goal.



Healthy Lifestyles: 417-256-4592

Howell Co Health Dept.: 417-256-7078

There are 1440 minutes in a day, spend at least 30-60 of them being physically active!

Move More!

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

CHICKEN SOUP WITH LENTILS AND BARLEY

Makes: 6 servings

Prep time: 20 minutes

Cook time: 40 minutes

Ingredients

1/2 cup dried brown lentils
1 tablespoon olive oil
1 cup sliced leeks
1/2 cup chopped red or green bell pepper
1 garlic clove, minced
5 cups low-sodium chicken broth
1/2 teaspoon dried basil
1/4 teaspoon dried oregano
1/4 teaspoon dried [rosemary](#)
1/4 teaspoon black pepper
1 1/2 cups cooked chicken (about 1/2 pound), chopped
1 1/2 cups sliced [carrots](#)
1/2 cup quick-cooking barley
1 can (16 ounces) no-salt-added diced tomatoes

Directions

1. Rinse lentils under cold running water; drain and set aside.
2. In a large saucepan, heat olive oil over high heat; add leeks, bell pepper, and garlic. Cook until tender.
3. Stir in chicken broth, basil, oregano, rosemary, black pepper, and lentils. Bring to a boil; reduce heat. Cover and simmer for 20 minutes.
4. Stir in chicken, carrots, and barley. Simmer, covered, about 20 minutes more, or until carrots are tender. Stir in undrained tomatoes; heat thoroughly and serve.

Nutrition facts per serving: 265 calories, 21g protein, 32g carbohydrate, 6g fat (2g saturated), 9g fiber



Yummy, good for you soup!