

### Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Family Swim 1-4pm	2 Gluten Free Diets 6pm Kid Fit Class 5:15pm Open Climb 5-7pm	3 Open Climb 9-11am	4 Diabetes Class 1-3pm, Diabetes Mini-Camp 5-9pm Open Climb 5-7pm	5 Open Climb 5-7pm	6 Kids Klimb 4-6pm Family Swim 4:30- 7:30pm	7 Open Climb 9-11am
8 SPRING FORWARD Family Swim 1-4pm	9 Kid Fit Class @ 5:15pm Open Climb 5-7pm	10 Open Climb 9-11am	11 Open Climb 5-7pm	12 Open Climb 5-7pm	13 Family Swim 4:30- 7:30pm	14 Open Climb 9-11am
15 Family Swim 1-4pm	16 Kid Fit Class @ 5:15pm Open Climb 5-7pm	17 (St. Patrick's Day): Fake Sweet @ 6pm Open Climb 9-11am	18 Open Climb 5-7pm	19 Bring a Buddy Open Climb 5-7pm	20 Kids Klimb 4-6pm Family Swim 4:30- 7:30pm	21 Open Climb 9-11am
22 Family Swim 1-4pm	23 Kid Fit Class @ 5:15pm Open Climb 5-7pm	24 Open Climb 9-11am	25 Open Climb 5-7pm	26 Cooking Demo @ 5:30pm Open Climb 5-7pm	27 Family Swim 4:30- 7:30pm	28 Healthy Heights Basketball Tournament 9:30am-6pm
29 Family Swim 1-4pm	30 Kid Fit Class @ 5:15pm Open Climb 5-7pm	31 Open Climb 9-11am				

### Enjoy the Taste of Eating Right

February is known as National Heart Month, and while we spent the past month focusing on heart healthy living, one question still arises: How do we incorporate nutrition into all of this and still enjoy eating? This year's theme for National Nutrition Month is "Enjoy the Taste of Eating Right" we will focus on eating the right food with the right flavor. It is no surprise that research shows taste will top nutrition on whether a consumer picks one food over another. With having 2,000-8,000 taste buds why would we not listen to them? The problem is that while we are allowing our taste buds to drive our nutrition, the rest of our body is suffering. Whether you are dealing with diabetes, CHF, IBS, Crohns, high blood pressure, or severe food allergies, you still want to enjoy your food and we are going to show you how to do it.

Salt is the number one seasoning option in most households due to taste/ convenience. Think of it this way, it costs less than \$2 to purchase certain herbs that taste good on many foods, and it takes years to pay off the \$10,000 doctor bill that required an ER visit due to a medical condition that could have been prevented by eating right.



#### The big question is: How do I season without salt?

Below are some suggestions for the best seasoning options:

-  **Beef:** bay leaf, basil, dry mustard, nutmeg, green pepper, sage, onion, marjoram, pepper, thyme, oregano, caraway, curry, garlic, parsley, rosemary
-  **Pork:** basil, caraway, cloves, nutmeg, garlic, onion, parsley, rosemary, sage, pepper, apples, applesauce, pineapple, allspice, oregano
-  **Fish:** bay leaf, basil, curry, cumin, dry mustard, green pepper, lemon juice, paprika, marjoram, onion, parsley
-  **Eggs:** basil, curry, dry mustard, green pepper, onion, paprika, parsley, nutmeg, pepper
-  **Carrots:** parsley, honey, cinnamon, mint, lemon juice, allspice, nutmeg, caraway seed, dill seed, ginger, thyme, pepper
-  **Potatoes:** onion, basil, parsley, paprika, bay leaf, green pepper, chives, celery seed, oregano, poppy seed, rosemary, thyme, pepper, garlic, nutmeg
-  **Rice:** turmeric, cumin, curry, allspice, honey, onion, green pepper, pepper
-  **Broccoli:** lemon juice, pepper, vinegar, basil, caraway seed, dry mustard, nutmeg, curry, oregano, garlic
-  **Peas (Green):** onion, basil, mint, sage, pepper, honey, rosemary, parsley, green pepper, oregano, garlic, poppy seed
-  **String Beans:** lemon juice, nutmeg, dill seed, thyme, vinegar, dry mustard, oregano, caraway, seed, sage, garlic, pepper
-  **Spinach:** lemon juice, vinegar, onion, allspice, basil, oregano, pepper
-  **Corn:** green pepper, onion, paprika, pepper, curry

#### Tips to Remember:

1. Use empty salt shakers to mix spices for veggies, meats, etc.
2. For best seasoning, add them the last hour of cooking.
3. In baking goods, don't worry about adding the salt. It will not change the overall flavor of the baked good.
4. Try a new spice when they are on sale to save money.
5. Ask friends and family what spices they have, and ask to try it before spending the money.
6. Don't be afraid to experiment!

—Nicole Hancock, LIFT Dietitian

## Nutrition: Recipes of the Month

### Dijon Glazed Chicken

Serves 4

**Ingredients:** 4 (4ounce) boneless, skinless chicken breast halves, 2 tablespoons Dijon mustard, 1 tablespoon brown sugar, 1 tablespoon honey, 1 tablespoon minced gingerroot



**Directions:** Combine the Dijon mustard, brown sugar, honey and gingerroot in a bowl and mix well. Arrange the chicken on a grill rack; brush with ½ of the Dijon mustard glaze. Grill over hot coals for 5 minutes; turn the chicken. Brush with the remaining glaze. Grill for 5 minutes longer or until the chicken is cooked through. (Option 2: arrange the chicken in a baking pan and brush with ½ of the glaze. Bake, covered, at 375 degrees for 15-20 minutes or until cooked through, turning once and basting with the remaining glaze. Remove the cover and broil until golden brown.)

### Herbed Vegetable Medley

**Ingredients:** Cooking spray, 2 teaspoons olive oil, 1 cup thinly sliced onion, 1 cup red bell pepper-cut into thin strips, 4 garlic cloves-minced, 1 ½ cups chopped zucchini, 1 ½ cups chopped yellow squash, 1 cup fresh mushrooms-quartered, 1 tablespoon fresh rosemary-crushed, ½ teaspoon dried basil or thyme, ¼ teaspoon black pepper, Juice of ½ lemon



**Directions:** Spray a large non-stick skillet with cooking spray and add 2 teaspoons olive oil. Heat over high heat; add onion and next 5 ingredients. Cook 2 minutes or until vegetables begin to sizzle; reduce heat to medium-low. Cook until vegetables are crisp-tender, stirring occasionally. Stir in herbs, black pepper and squeeze lemon juice over top.

—Nicole Hancock, LIFT Dietitian

## What the Fit?!? Sweet Dreams

Frequent exercise and a healthy diet are key elements in most weight loss programs. However, making sure that you get enough sleep is often overlooked. Recent



research has shown that sleep plays an important role in weight management. People who sleep enough have lower BMI indexes than people who don't. The data also suggests that sleep deprivation can cause weight gain.

How important is it to those who exercise often? The best training plans will not work if sleep and nutrition are neglected. Without adequate sleep (eight hours a night), there is not enough rest for muscle cell growth and repair. For adolescents especially, sleep is critical—growth can be impaired when quality and quantity of sleep is lacking.

Lack of sleep can also affect your mood, which will have a negative impact on performance. Now, one night of missed sleep is not going to have major negative effects on your performance, but several days in a row or a few weeks of interrupted sleep can lead to symptoms similar to over-training syndrome, which is loss of strength and failure to make progress in your fitness goals.

The following list can assist in getting a good night sleep and help you achieve some of the many benefits sleep produce:

#### 1. Never Oversleep

You cannot catch up on lost sleep. Over sleeping (10+ hours) can change the body's patterns and make it more difficult to fall asleep the following night.

#### 2. Exercise

Those who work hard during the day or exercise will have an easier time falling asleep compared to those who do not.

#### 3. Calm and Relaxing Environment

Calming music, cool climate with a humming fan to drown out exterior noises will make the place you sleep more conducive to quality sleep.

#### 4. Avoid Active Evenings

If possible do not exercise 2-3 hours prior to sleep or be highly active prior to sleeping. Relaxing a few hours prior to sleep works well for naturally preparing the body for quality sleep. Avoid watching television in bed.

Sleep is a crucial factor in losing weight. Sleep suppresses your appetite and raises your metabolism, while allowing your body to rest and recover. So aside from leading an active lifestyle and maintaining a balanced diet, you should also make sure that you get your full eight hours of shuteye every night.

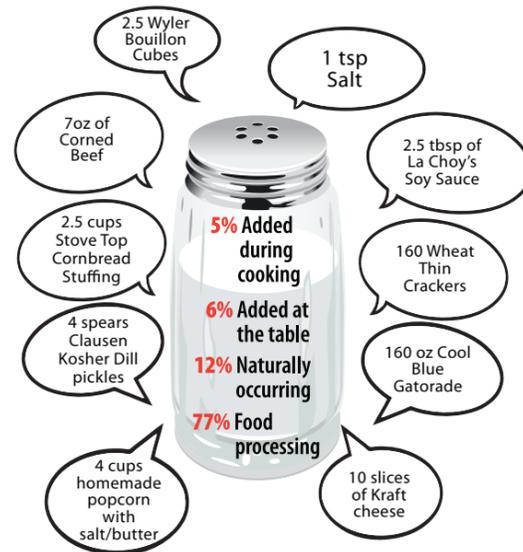
—Johnna Cunha

## LIFT March Challenge: Nuts for Nutrition Trivia



The challenges are back!! This month will be trivia. We will have a question a week displayed on the whiteboard. Please put your name in the correct bucket for a chance to win 30 minute nutrition consultation with Nicole Hancock, LIFT RD. We will choose a winner every Monday. One entry per question. Good luck!

## Daily Sodium Intake: 2300 mg =



[www.health.harvard.edu/newsletters/Harvard\\_Womens\\_Health\\_Watch/2009/November/sodium-salt-and-you](http://www.health.harvard.edu/newsletters/Harvard_Womens_Health_Watch/2009/November/sodium-salt-and-you)

## Member of the Month

Congrats to Jackson Madison County General Hospital's Chef Keith Yonker! He joined LIFT back in August to continue his health journey with the transfer from Cape Girardeau. When Keith came here, he was already well on his way. He had lost 117lbs through diet and exercise. On his tour through LIFT, he kept asking for reassurance of guidance and knowledge of our fitness staff. He wanted to make sure that he would continue to move forward. Keith has continued to move forward, since joining. He trains with Lauren, who, he says "kicks my butt every time"! He has even surprised himself by taking group fitness classes. Though his journey is not over, he is well on his way and made health a habit for himself! Congratulations again, Keith! You prove to others that it's all about commitment and priorities.



## Fitness Facts

- The strongest muscle in your body is the heart; it beats 100,000 times per day
- Your tongue is the only muscle that is attached at only one end.
- A person breathes 7 quarts of air every minute.
- On average, a person walks 70,000 miles in their lifetime.