

WINNING INFORMATION

January, February and March 2020

Upcoming events:

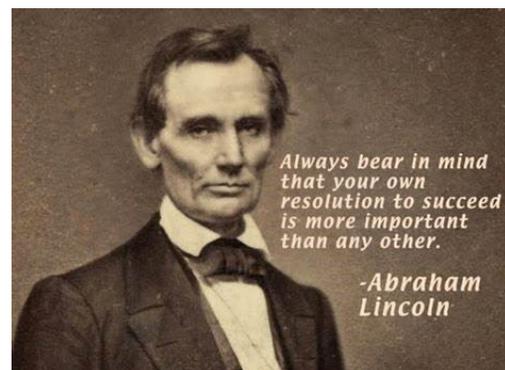
Taste Test Thursday: January 9nd, February 6th & March 5th (in Laconia) or January 16th, February 13th & March 12th (in Franklin) outside the cafeteria 11:30-1:00. Come and try a new recipe.

Bariatric Support Group: 6:00-7:00pm at WINH, Jan 16th topic: Reevaluating Your Life Balance Wheel; Feb 20th topic: Attitude Adjustment; March 19th: Dealing with Unrealistic Expectations & Body Dissatisfaction

Non-Surgical Weight Loss Information Sessions: January 8th, February 18th & March 24th at 8:30-9:30am or January 22nd, February 4th or March 3rd at 3:45-4:45pm. Call to register.

Surgical Weight Loss Informational Session: January 22nd or March 11th at 5:00pm and February 12th at 3:00pm. Please call to register.

If you are interested in any of the programs offered at the Weight Institute please contact our office at **603-527-2946**



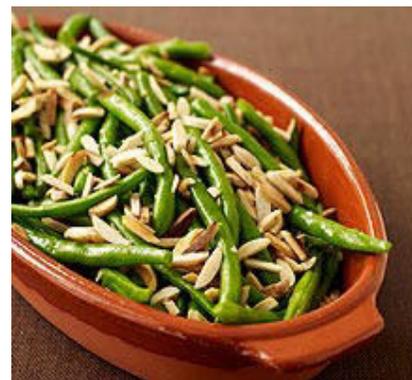
BRAELYNNE'S HEALTHY BITES

March is National Nutrition Month! This year's theme is "Eat Right, Bite by Bite," which represents the philosophy that nutrition changes don't have to be extreme, or happen all at once. Every little bit (or bite!) of nutrition counts, and is a step in the right direction!

Small changes you can make to improve nutrition:

1. Drink an additional glass of water each day
2. Replace one serving of a sugary beverage with regular water or seltzer water
3. Use one less sugar in your coffee
4. Have a piece of fruit with your breakfast
5. Include a handful of vegetables (carrots, bell peppers, cucumbers, etc.) with lunch
6. Add vegetables to a sandwich or wrap (lettuce, tomato, cucumber, sprouts, etc.)
7. Have a piece of fruit for dessert instead of typical options liked baked goods or candy
8. Use whole grain bread and/or pasta instead of white (there is also pasta made from beans now!)
9. Add a 1/2 cup of chickpeas or lentils to your salad for added fiber and nutrients
10. Include a healthy protein source at breakfast (eggs, Greek yogurt, cottage cheese, etc.)
11. Use peanut butter or avocado on toast instead of butter for healthy fats and added nutrients
12. Add some vegetables (peppers, onions, spinach. etc.) to an omelet or frittata for breakfast

*"Start where you are.
Use what you have.
Do what you can."
-Arthur Ashe*



GEORGE WASHINGTON'S STRING BEANS WITH ALMONDS

Ingredients:

1&1/2 POUND FRESH GREEN BEANS

ABOUT 1/2 TABLESPOON BUTTER

ABOUT 1/2 TABLESPOON OLIVE OIL

2 CLOVES OF GARLIC, VERY THINLY SLICED

1/2 CUP SLICED ALMONDS

1 TEASPOON BROWN MUSTARD

2 TABLESPOON CREAM SHERRY

INSTRUCTIONS

1. Trim the beans and snap into 2 inch lengths.
2. Blanch the beans— add green beans to a large pot of boiling water and boil for 2 minutes. Immediately transfer the beans to a bowl of ice water to stop the cooking process.
3. Heat butter and olive oil in a heavy skillet and gently sauté the garlic until its golden but not yet browned. Add the almonds and cook over a low heat until they are hot through. Add the mustard and sherry and stir gently until well blended. Add the beans and continue to cook over a moderate heat until all is hot through. Serve hot.

Source: www.thequestingfeast.com

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EXERCISE EXPLAINED

March 19th is the first day of spring and let's spring right into some jumping exercises!!!

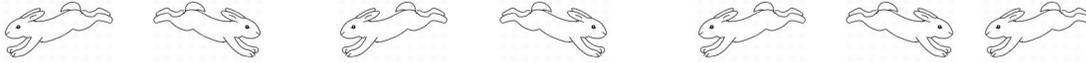
Jumping exercises have many great health benefits including:

- Improved coordination
- Improved bone health
- It is a great cardio workout
- Jumping burns more calories than running
- Jumping exercises decrease the risk of ankle or foot injuries.
- Jumping may help to make you smarter. Jumping uses both the left and right hemispheres.

Like with any workout, be sure to talk to your doctor first. Always ensure proper form to prevent injury!

- Be sure to keep your knees hip width apart. If your knees come together while jumping you are at risk of a knee injury.
- Don't be stiff legged. Try to keep the landing soft with knees slightly bent. The landing should not be felt in the joints.
- When jumping onto (or off of) something like a box or step, be sure to land on both feet and keep knees slightly bent.
- Land on the whole foot and push the hips back to absorb the impact. Aim to land in a squat position.
- Always keep the knees behind the toes.

Have fun jumping into spring with hopscotch, jump rope, jumping jacks, box jumping or plyometrics! See you next fall.



ELIZABETH'S 2 CENTS

February is National Heart Month and one of the best ways to protect your heart is to get enough potassium in your diet.

Potassium is a mineral and electrolyte that helps muscles to contract. The role of potassium in heart health includes:

- Decreased tension in vessel walls. By relaxing the vessel walls this can reduce high blood pressure.
- The more potassium there is in the blood the more sodium is excreted out through the urine.
- Researchers are not sure why, but potassium has been shown to decrease calcification of the arteries thus reducing the risk of heart attack.

All of this is great for heart health, but **if you have kidney disease or are on an ACE inhibitor for your blood pressure beware not to get too much potassium.** For people on ACE inhibitors or with kidney disease it is not easy to get rid of excess potassium and extra potassium can get too high in the blood which can cause serious health effects. Health professional always recommend getting enough potassium from foods and only take a supplement if needed. It is recommended that adults get 4,700mg of potassium daily. Good food sources of potassium include:

- Bananas
- Oranges
- Pomegranate
- White Potato
- Sweet potato
- Tomato sauce
- Dark leafy greens (spinach, beet green, Swiss chard)
- Artichoke
- Fish
- Canned clams
- Milk
- Papaya
- Prune juice
- Pork



CAULIFLOWER COLCANNON— BARIATRIC RECIPE

This is a low carb twist on a traditional Irish dish for St. Patrick's Day.

Ingredients:

- 1 pound cauliflower
- 1/2 pound cabbage finely shredded
- 1/4 cup scallions, thinly sliced
- 1 tablespoon butter
- 1 teaspoon pepper
- 1 teaspoon salt

Directions:

1. Cook cauliflower in a pot of boiling water for 5 minutes, until it is tender. Drain well and blend in a food processor with the salt and pepper.
2. Melt the butter in a frying pan over medium heat, add the cabbage and sauté for 3 minutes.
3. Add the scallions and chives and sauté for 2 minutes. Reduce heat to low.
4. Pour the mashed cauliflower into the pan and mix well. Adjust seasoning.
5. Serve warm.

Source: adapted from www.myketokitchen.com

