

“Stall Talk”



Copies can be obtained by logging onto eHR or by contacting Angela Konzen, akonzen@scgov.net or 861-5299

Guess What?? Avocados may be high in fat and calories, but the fat is monounsaturated, which is the ‘good’ fat that helps lower cholesterol!

Weight training

It is most efficient to exercise large muscle groups before smaller ones. For example, work your chest and back (such as bench press and lat. pulls) before working your biceps and triceps. Work on abs at the very end. Your abs help you to stabilize your core when doing other exercises, so you don't want to tire them out by doing crunches first. And, of course, don't forget to let your muscles rest 24 hours before your next session. Happy lifting!!

Coming Soon... Benefit Fairs!!!

Date	Location	Fair Times
10/19 (Tues)	Admin. Building 1660 Ringling Blvd, First floor	10am-2pm
10/21 (Thur)	Woodmere Park Venice	1:30pm-5:30pm
10/26 (Tues)	Terrace Building 101 Washington Blvd, Tenth floor	11am-3pm
10/28 (Thur)	BOB 1001 Sarasota Center Blvd.	1:30pm-5:30pm

CUTTING CARBS??—THINK AGAIN...

Results of a new animal study found that a **LOW** Glycemic Index (GI) diet can lead to weight loss, reduce body fat, & trim risk factors for diabetes & heart disease. The GI ranks carbs based on their immediate effect on blood sugar levels. Carbs that break down **quickly** during digestion have the **highest** GI. Carbs that break down **slowly**, releasing sugar gradually into the blood stream, have a **low** GI. The theory is that the rapid increase in blood sugar makes you hungry & causes you to eat more & gain weight. Meanwhile, carbs that release their sugar more slowly keep your hunger in check. Some examples of foods with a **high** GI are: white bread, breakfast cereals & potatoes. Examples of a **low** GI include: fruits, vegetables, nuts & legumes. Results also showed that low GI diets might help prevent & treat obesity, diabetes & heart disease. A healthful diet includes adequate protein, healthy fats & carbs that have a **low** GI.

(SOURCES: David Ludwig, M.D., Ph.D., director, Optimal Weight for Life Program, Children's Hospital Boston; Mary Vernon, M.D., spokeswoman for Atkins Nutritionals Inc., & coauthor of the *Atkins Diabetes Revolution*, Aug. 28, 2004, *The Lancet*)

Breakfast Bread

Ingredients:

- 1-1/3 cups whole-grain wheat flour
- 3 tablespoons oat bran
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1-1/8 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 3 tablespoons non-fat yogurt
- 1/2 cup apple juice
- 1-1/8 teaspoons vanilla extract
- 1/2 teaspoon olive oil
- 1-1/2 tablespoons honey
- Two egg whites
- 3 tablespoons grated carrots
- 1-1/2 tablespoons carob chips

Directions:

Preheat oven to 350-degrees.

Sift together the wheat flour, oat bran, baking soda, baking powder, cinnamon and ginger. Set aside. (This can be done the night before and kept covered at room temperature.)

Mix the yogurt, apple juice, vanilla extract, oil, honey, egg whites and carrots in a separate bowl and blend together. Mix the dry ingredients into the wet ingredients. Add the carob chips and fold together until blended. Do not over-mix, this will toughen the bread.

Spray two small loaf pans with non-stick spray and fill each pan 3/4 full with batter. Place on the center rack of the preheated oven and bake 45 minutes. The breads are done when a toothpick inserted into the center of a loaf comes out dry. Cool on a rack for 15 minutes. Slice each loaf into ten slices.

Recipe makes two small loaves.

Nutrition information: Serving size = 2 pieces. Calories 91(10% cal. from fat), Total Fat 1g, Sat. Fat 1g, Carbohydrates 18g, Protein 3g, Cholesterol 2mg, Sodium 90 mg, Fiber 3g.

www.fitnessandfreebies.com

Admin Fitness Classes!!!

Fitness classes are coming soon... Get your yoga mats, get pumped, and get ready to be into shape!

Call Angela Konzen for more info 861-5299 or akonzen@scgov.net