



Simply Healthy

Volume 16
January 2015

PHONE NUMBERS

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LifeChoice	512-6379
YMCA	716-6260
Coops	222-4653
9 Round	226-1633
Rec Center	231-2232
Gold's Gym	225-4653

New Year, New You!!!!



Ways to RESTART the New Year

Plant an Indoor Herb Garden

Organize your closet

Frame something

Change your lighting

Mix up furniture

Refresh your bathroom

Organize your office

Paint your front door

Empty your medicine cabinet

Buy new bedding

Paint something

Bulge Challenge

January 22
Walk Away the Bulge

January 29
B.A.T class
(Buns, Abs & Thighs)

February 5
Zumba

February 12
Circuit Training

February 19
Yoga

February 26
Tone & Tighten

March 5
Box off Your Bulge

March 12
Walk/Run 5K

March 19
Boot Camp Bulge

March 26
Bulge Dance Party

Sadler Center & AMH Track
Times TBD by participants

Battle of the Bulge Weight Loss Challenge

January 8
8-9 & 11-12
Rose Hall

- Weigh In
- Sign Up
- Free Produce
- Free Pedometer
- Individually or as a Team of 2

Chicken Tortilla Soup

1 teaspoon olive oil	1 cup fat free chicken broth
1/2 c chopped onions	2 tablespoons fresh lime juice
1 garlic clove, mince	1/4 teaspoon chipotle chile powder
1 cup water	10 oz Rotel, undrained
2 oz tricolor tortilla strips	
2 cups shredded cooked chicken	

Heat oil in a medium saucepan over medium-high heat. Add onion and garlic, and saute 3 minutes. Add chicken and next 5 ingredients. Bring to a boil; reduce heat and simmer, uncovered, 5 minutes. Ladle soup into bowls, sprinkle with tortilla strips and if desired, cilantro leaves.

Serves 4 (serving size 1 cup)

Calories 229 Protein 24g Carb 16g Sodium 506mg