



Simply Healthy

Volume 16
January 2015

PHONE NUMBERS

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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