

# Get With It



Sponsored by the Women's Wellness and Maternity Center and the **Get With It** Collaborative

Volume 3, Issue 12

## MERRY CHRISTMAS...HAPPY HOLIDAYS!!!

### CHEESECAKE FACTORY PUMPKIN CHEESECAKE RECIPE:

Makes 2 pies.

Serves at least 12

#### INGREDIENTS:

**CRUST:** 1 1/2 cups graham cracker crumbs  
5 TBSP. butter, melted  
1 TBSP. sugar **OR** 1/2 TBSP. Sun Crystals sweetener\*

**FILLING:** 3—8 oz. pkgs. cream cheese, softened  
1 cup sugar **OR** 1/2 cup Sun Crystals sweetener\*  
1 tsp. vanilla  
1 cup canned pumpkin  
3 eggs  
1/2 tsp. cinnamon  
1/4 tsp. nutmeg  
1/4 tsp. allspice

Whipped cream

\*For diabetic diets substitute Sun Crystals, Splenda, etc for sugar

#### Inside this issue:

**CHEESECAKE FACTORY PUMPKIN CHEESECAKE** 1

**Lupus—could I have it?** 2

**GREAT LEGS!!!** 2

#### \* *Special points of interest:*

- \* Dec. 18 through Jan. 2 no exercise/fitness classes. Trainers/instructors are not working due to holidays.
- \* Dec. 23 at noon through Dec. 27 GWI offices are closed for Christmas holiday.
- \* Dec. 30 at noon through Jan. 2nd GWI offices are closed for New Year holiday.

#### DIRECTIONS:

1. Mix crust ingredients together, just until coated and crumbly. Press onto the bottom and 2/3 up the sides of an 8 inch springform pan. Bake for 5 minutes at 350 degrees. Set aside.
2. Combine cheese, sugar and vanilla in large bowl. Mix until smooth with an electric mixer. Add pumpkin, eggs, and spices. Beat until smooth and creamy. Pour into the crust.
3. Bake for 60—70 minutes or until the top turns a bit darker. Remove from oven and allow to come to room temperature; then refrigerate. After it has thoroughly chilled, remove the pan sides and cut.
4. Serve with whipped cream.





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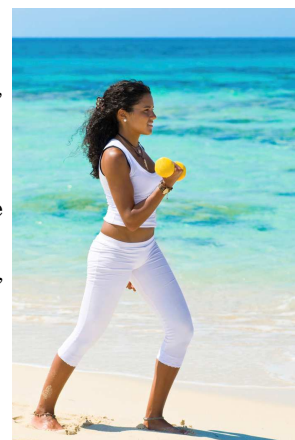
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If you have a comment or would like to share recipes for one of our upcoming newsletters; call Debra Lindaman, Health Educator at 423-442-6624 or email Debra at [debral@getwithitwomen.org](mailto:debral@getwithitwomen.org).

## LUPUS—COULD I HAVE LUPUS???

- \* About 9 in 10 people who have lupus are women.
- \* Lupus is an autoimmune disease that causes the body's defense system to mistakenly attack its own healthy cells and tissue.
- \* Lupus is one of the most difficult diseases to diagnose.
- \* Increased awareness of lupus and early diagnosis can reduce the number of lupus-related deaths.
- \* Lupus can have many symptoms, such as fatigue, hair loss, painful or swollen joints, fever, skin rashes, and kidney problems.
- \* African American women are three times more likely to get lupus than white women. Lupus is also more common in Hispanic/latina, Asian, and Native American women.

Find out more at <http://www.couldihavelupus.gov>



## GREAT LEGS!!

**Tackle your holiday to-do list and get showstopping legs with our easy, do-anywhere moves.**

**DIRECTIONS:** Get your reps in when you can, aiming for at least 3 times per week.

**AT THE MALL:** Stand with feet shoulder-width apart, toes straight ahead. Rise up on balls of feet and hold for 10 seconds. Return to starting position. Repeat 20 times. **DO IT:** While waiting in long lines. **TARGET:** Calves

**IN THE KITCHEN:** Stand with feet shoulder-width apart. Lower into a squat until thighs are parallel with floor, making sure that knees do not extend past toes. Hold for 5 seconds and return to starting position. Repeat 20 times. **DO IT:** While waiting for cookies to finish baking. **TARGET:** Glutes

**ON THE COUCH:** Sit on edge of couch with back straight, abs tight, feet flat on the ground, and toes pointed straight ahead. Squeeze knees together for 10 seconds and release. Repeat 20 times. **DO IT:** While watching your family's favorite holiday flick. **TARGET:** Thighs

**YIELDS:** Stronger, leaner legs in 4 weeks.

