

Get With It



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

Volume 4, Issue 1

HAPPY NEW YEAR—2011!!!!

POTATO AND CHEDDAR CHEESE SOUP

INGREDIENTS:

- 2 Tbsp. butter or oil
- 1 onion, chopped
- 1 clove garlic, finely chopped
- 3 med. potatoes, peeled and diced
- 1 1/2 cups chicken stock
- 1/4 tsp. dried thyme
- 1 1/2 cups milk
- 1 1/2 cups grated Cheddar cheese
- Salt and pepper to taste
- 2 Tbsp. chopped fresh parsley



Inside this issue:

- Potato and Cheddar Cheese Soup Recipe 1
- Avoiding weight gain as you age! 2
- Winter's harvest: Veggies that stand out this season. 2

DIRECTIONS:

- * **Melt butter in a large saucepan. Add onions and garlic. Cook until tender but do not brown.**
- * **Add potatoes and combine well. Stir in chicken stock and thyme. Bring to a boil.**
- * **Reduce heat. Cook gently, covered, 20 minutes, until potatoes are tender.**
- * **Puree half the soup. Return to saucepan.**
- * **Sir in milk and heat just until mixture comes to a boil. Stir in cheese. Cook gently, stirring, until cheese melts. Add salt and pepper to taste.**
- * **Garnish each serving with chopped parsley.**

* *Special points of interest:*

- * Jan. 4 (Tuesday) at 3:30 p.m. to 5 p.m. **Diabetic Workshop**—the first of our monthly workshops at the Get With It Studio, 116 College St, Madisonville. Please call 423-420-3991 to reserve your spot or email: amyl@getwithitwomen.org.
- * Jan. 22 (Saturday) from 9 a.m. to Noon will be the **GWI FAST 2011 A New Year-New You Diabetes, Wellness, & Preventative Health Fair** at the Monroe County Farm Bureau, 510 Main St, Madisonville. Many vendors and some break out sessions will be offered plus free giveaways, healthy snacks, diabetic education, family fun and exercise.



Get With It Studio

116 College Street
Madisonville TN 37354

Phone: 423-420-3991

Toll Free: 877-420-3991

Website: www.getwithitwomen.org

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.

AVOIDING WEIGHT GAIN AS YOU AGE

Weight gain in midlife is due to a shift in hormones, combined with unhealthy habits. This can cause women to lose lean muscle mass, gain fat and add weight as they approach menopause. Weighing too much is also linked to a number of health problems like heart disease, diabetes and some cancers. **Help prevent weight gain from happening in the first place with exercise.** How much exercise you need depends on your health and your goals:

- * Adults should exercise for 150 minutes per week—which equals 30 minutes, five days a week—to stay healthy and help prevent some chronic diseases.
- * If you're already overweight in midlife, permanent weight loss is possible, but takes hard work. You'll need even more exercise to reach and maintain a healthy weight. To lose weight and keep it off, 60 to 90 minutes of exercise per day is needed.

One message is clear: To maintain a steady weight and stay healthy, any amount of exercise is better than none.

Setting aside one hour each day for exercise can be nearly impossible for many people. But it doesn't have to happen all at once to count. Try breaking up your workouts into shorter sessions throughout the day.

- * Walk dog half hour in morning; play tennis 30 min. in evening
- * Take brisk 20-min walk before work, another one during lunch break, and a last one after dinner

WINTER'S HARVEST: VEGGIES THAT STAND OUT THIS SEASON

ROOT VEGETABLES: They're high in dietary fiber and vitamins—and low in calories and fat. Here are some ways to savor them:

- * Parsnips can be steamed with carrots—then tossed with a bit of olive oil, a pinch of salt and pepper.
- * Beets can add a tasty twist to salad. Or, roast them with a drizzle of olive oil and some fresh thyme.
- * Sweet potatoes creamed with orange juice is a fresh take on mashed potatoes. Or, add thin, cooked slices to a sandwich.

WINTER SQUASH: A half-cup of baked butternut squash has more than twice the recommended daily amount of vitamin A. And, acorn squash has 5 grams of fiber for the same half-cup serving.

COOKING GREENS: They are full of vitamins A and C—and are very low in calories. Typically, greens are slowly simmered or boiled until they're soft. But, there are other ways to make them part of a meal. For instance, you could use:

- * Mustard greens to give a fresh, peppery flavor to pasta
- * Kale to add body and texture to stews

