

THE INFORMANT



-the monthly newsletter sponsored by the Women's Wellness and Maternity Center and the **Get With It** Collaborative

The New Year brings New Beginnings

The New Year brings a new focus for the **Get With It** team. *The Informant* is our monthly newsletter to keep you informed about monthly health observances as well as other changes within our program. We, the GWI staff, want you to feel like a member of our team and we would love your help in making our program better. We would also like for you to know that we are on your side and we want you to reach your personal fitness and health goals. In addition to changes being made to our newsletter and website, we have been working very hard to bring new and exciting classes your way. This year we are teaming with TMG high school in Sweetwater to offer a discounted rate to women interested in taking water aerobics. Water aerobic classes are offered every Monday, Tuesday, and Thursday (times are subject to change next month so check with TMG fitness center for more information). In addition, we are offering Pilates, Personal Training, and Yoga classes at Get With It Studio (also known as Energy Studio) in Madisonville. In February, we are offering **Zumba Gold** classes for seniors and very beginners. These classes are designed to teach the dance steps of Zumba at a slower pace while allowing you develop your "dance" technique and burn calories. Also in February we will host several "**Heart Smart**" Cooking classes to commemorate American Heart Month. Call our office or visit our website for more information about these upcoming classes.

As our program continues to grow, our focus and services are continuing to change to meet the needs of the communities in which we serve. If you have not had the opportunity to visit our website lately then here is your chance! We have updated our website and want to make it easier for you to use. If you have any comments or suggestions about our program and website please email them to Erika at erikah@getwithitwomen.org or send a letter to the address on back of this newsletter. Thanks again for allowing us to service you and we look forward to a Better New Year and a Healthier New You! -Erika Haire, MPH, CHES

Welcome to our staff....

We would like to take this moment to welcome several recently hired staff members as well as those that have joined our staff within the past several months.

*Fitness Trainers:

Loudon County-Sandra Donegan (and Monroe Co.), Jodi Smith
Sheila Borders and Lorie Galbraith

Monroe County-Kathy Blessing, Jean Clesen, Georgette Giannini,
Amy Tallent, Kathy Trocola, and Linda Ledbetter

Administrative Staff:

Amy Liponoga-Assistant Project Coordinator and Sarah Proffitt-Intern

*Childcare Workers/Babysitters:

Loudon County- Hollie Malin and Krista Freeman

Monroe County- Sharon Morgan and Jessica Navarrete

*The GWI fitness trainers bring new knowledge, skill, and energy to our program which allows **Get With It** to better service you. In addition, our childcare workers have been certified through the American Red Cross's Babysitter's Training Program. The ARC Babysitter's Training Program provides courses in care giving, decision-making, safety and first aid skills, as well as ways to prevent and respond to emergencies. By ensuring that our fitness instructors and babysitters are equipped with proper training, we hope to show our commitment to quality and safety to women in our program. If you are interested in volunteering or working part-time give us a call at 1-877-420-3991 and ask for Amy Liponoga.

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Get With It
PO Box 115
3459 Hwy 68
Madisonville TN 37354

Phone: 423-420-3991
Toll Free: 877-420-3991
Fax: 423-442-5746

Website: getwithitwomen.org

If you have a comment or would like to share recipes for one of our upcoming newsletters call our office at one of the numbers above. or email Erika at erikah@getwithitwomen.org

Recipe

Oven Baked Chicken Tenders

Ingredients:

2 egg whites, beaten	1 teaspoon paprika
1/2 teaspoon dried oregano	1/2 teaspoon dried thyme
1 teaspoon dried basil	1/2 cup whole-wheat cracker crumbs
2 teaspoon grated fresh Parmesan cheese	
2 whole boneless, skinless chicken breasts, halved	

Directions:

1. Cut each chicken breast into 2½-inch strips.
2. Dip each strip into egg whites.
3. On a flat plate or in a plastic bag, combine cracker crumbs with spices and cheese.
4. Add chicken strips and coat with the crumb mixture.
5. On a nonstick cookie sheet, place chicken strips side by side in one layer.
6. Bake at 350°F for 10 to 12 minutes until golden and crunchy.

Nutritional Information (per serving): (Serves 4, Serving Size 3 oz.)
Calories 197, Calories From Fat 46, Total Fat 5 g, (Saturated Fat 1 g), Cholesterol 73 mg, Sodium 181 mg, Carbohydrate 6 g (Dietary Fiber 0 g, Sugars 0 g), Protein 29 g

*recipe adapted from: <http://www.diabetes.org/uedocuments/df-recipe-cards-0908.pdf>



We are online! Looking for back issues of our newsletter? Visit our website, click on GWI newsletter, and select the issue you would like to read.

Beverage Recipe

Passion Punch

Ingredients:

2 cups water
2 cups no-calorie sparkling water
½ cup frozen, unsweetened raspberries
2 cups Reduced Calorie Cranberry Juice Cocktail
1 tub Crystal Light Raspberry Ice Flavored Low Calorie Soft Drink Mix

Directions:

1. Empty drink mix into large pitcher.
2. Add juice cocktail and water; stir until drink mix is completely dissolved.
3. Refrigerate until chilled.
4. Stir in sparkling water just before serving. Pour over frozen raspberries in 6 tall glasses. (serves 6)

*recipe adapted from: <http://tracker.diabetes.org/myfoodadvisor.html>