

Get With It



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

Volume 4, Issue 5

MENTAL HEALTH MONTH

BAKED OATMEAL RECIPE:

INGREDIENTS:

- 1/2 cup vegetable or canola oil (substitute applesauce)
- 3/4 cup sugar (substitute 6 Tbsp. Splenda)
- 2 eggs
- 1 cup milk
- 1/2 tsp. salt
- 1 Tbsp. baking powder
- 3 cups quick cooking oats
- 1/2 cup raisins or Craisins
- 2 Tbsp. brown sugar
- 1/2 tsp. ground cinnamon



DIRECTIONS:

1. Beat together oil and sugar. Mix eggs, milk, salt, baking powder, and oatmeal. Beat well. Stir in raisins or Craisins. Pour into lightly greased pie pan.
2. Combine brown sugar and cinnamon. Sprinkle evenly over the top. Refrigerate overnight.
3. The next day preheat oven to 350degrees. Bake until firm...about 35 minutes.

1/8 of the pie = 2.5 Weight Watchers Points

*From Carol Thomas—GWI participant from Tellico Plains



TIPS TO MANAGE STRESS FOR GREAT MENTAL HEALTH:

- * Set realistic standards and goals. Use your calendar to avoid taking on too much. Say "no" - it is ok to say "no".
- * Make time each day to relax and unwind, even if only for a few minutes.
- * Aim for seven to nine hours of sleep every night.
- * Reach out to people who encourage and support you. Ask for help when needed—it is ok to ask for help. Many times the people helping receive more than the one asking for help.
- * Find outlets, such as a hobby or volunteer work.
- * Learn healthy ways to cope with daily stress.
- * Talk to your doctor if emotional problems interfere with daily living.

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* Special points of interest:

- * **Spring Training** every Tuesday and Thursday through May (4 wks) 7:30 a.m. at Kefauver Park. All fitness levels welcome to participate. Show up at Kefauver Park by 7:30 a.m. Tuesday, May 3rd for first session. Health Education handouts to be included. Free.
- * **Rundown at Sundown 5K Run/Walk & Kids' Fun Run**, Friday, May 13 at 7 p.m. Madisonville. Check in 6:15–6:45 p.m. in front of courthouse. Early Reg fee is \$25; Late Reg is \$30 and Kids Fun Run Reg Fee is \$15. Proceeds benefit Monroe County Health Council.
- * **Zumbathon Saturday, May 14** from 10–2 (Registration begins at 10 a.m. & Kids Zumba Party 11 a.m. at Madisonville Intermediate School. Kids' Reg \$5 (ages 4-12) receive Bandana; \$15 pre-reg (includes shirt) and \$20 at the door Zumba Bracelet Proceeds benefit United Way of Monroe County.



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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.

THE MORE YOU EAT, THE MORE YOU LOSE!!!

Our bodies evolved to graze; when food gets scarce, we start to retain fat as a way of protecting ourselves from famine. That is exactly what happens when you don't snack between meals. Your body doesn't know where its next meal is coming from, so it is afraid to shed the extra pounds.

Worse, you wind up eating more than you need at every meal. When Penn State researchers fed subjects just one humble apple before mealtime, the subjects consumed nearly 190 fewer calories.

The more you eat, the more you lose. BUT you need to snack smartly, and stock your kitchen with the nibbles on this list:

- * **Fage Total 2% Plain Greek Yogurt (7 oz container)**—teeming with calcium, which promotes muscle growth; and probiotic bacteria, which bolsters your immune system. Why Greek? Because the Greek stuff has more than double the protein and far less sugar than American-style yogurt.
- * **Almonds**—excellent source of heart-healthy monounsaturated fats. Be sure to eat them whole—flavonoids in the skin combine with the vitamin E in the nut to double the antioxidant dose.
- * **Kashi GoLean cereal**—some cereals, like the granola below, look healthy but actually have as much sugar as a candy bar. Has twice as much fiber as an apple, three times as much protein as a large egg, and even with milk it manages to keep the calorie load below 200 per bowl.
- * **Sabra Toasted Red Pepper Hummus (2 Tbsp with 10 baby carrots)** - hummus is composed primarily of chickpeas, which help regulate blood sugar.
- * **Lowfat chocolate milk (1 cup)** - participants who drank chocolate milk before mounting stationary bikes were able to ride 49 percent longer than those given a generic carbohydrate-replacement beverage.
- * **Newmans Own Organics Spelt Pretzels (20 pretzels)** - spelt is a grain that packs more fiber and protein than wheat— only 6 calories per pretzel.