

Get With It

A monthly Newsletter Sponsored by the Women's Wellness and Maternity Center and the
Get With IT Collaborative

ANNOUNCEMENTS:

- Don't forget about December's Health Education classes:

"Do you know when heart attacks occur most often?" December 7-17th.

Check the GWI fitness schedule for more information or call our office at the number below.

- GWI Knitting Circle will meet every Friday from 10:30am until 12:00noon at the GWI Studio. All skill levels are welcome to join us. Group and Private Lessons are also available.
- No Fitness or Health Education Class will be held between December 21 thru January 3rd. All classes will continue on Monday, January 4th.

For more information call the GWI studio at 1-877-420-3991.

CELEBRATE YOUR HEALTH....

December brings a celebratory close to the second year of the **Get With It** program. This is exciting news because our program has continued to grow throughout these past two years and we couldn't have made it happen without women like you! It is the women of Monroe and Loudon communities that have participated in our program on many levels. Some of you have joined us at meetings and community events; while others have continuously participated in one of our many programs.

The staff at **Get With It** work around the clock to keep the ladies of Monroe and Loudon County moving! We continuously look for new and exciting ways to bring "A Healthier Lifestyle" right to your backdoor! In addition to the fitness classes offered by our program, we offer FREE wellness workshops and health education classes. Additionally, our monthly newsletters promote awareness about different issues affecting women's health. Past topics included information about cholesterol, diabetes, stroke, nutrition, and healthy eating. Well, this month is no exception. These past several months many of our family, friends, and neighbors have been sick from the HINI virus, the flu, or from a common cold.

Read the information below to learn how to reduce the "bug" that may be around your area.....

National Handwashing Awareness Week is celebrated December 6-12. Now it may sound a little elementary to some, but proper handwashing has been a topic in the news for several months. At the beginning of the 2009-2010 school year many schools in our community have shut their doors due to a large number of absentees. The reason: many of our children have come down with "something".

Henry the Hand Foundation sponsors National Handwashing Awareness Week. Dr. William Sawyer, MD, creator of Henry the Hand, promotes "Do not touch the T-ZONE." For those of us unaware, the "T" zone is our face. It includes the eyes, nose and mouth. The T-Zone is the part of the face where germs are most likely to enter the body. The four basic principles below may help reduce your chances of "catching something"

1. Wash your hands when they are dirty and before eating.
2. Do not cough into your hands.
3. Do not sneeze into your hands.
4. Do not put your fingers into your eyes, nose, or mouth. This includes rubbing your eyes, or getting food out between your teeth.

-by Erika Haire, MPH, CHES

For more information about "Henry the Hand" and how to get involved in hand washing awareness week visit

www.henrythehand.com

For information about ways to "Cover Your Cough" visit www.cdc.gov.



December's Recipe: Beet Apple Soup



Get With It

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If you have a comment about the newsletter or would like to share a recipe, email your suggestions and comments to our Newsletter Coordinator, Erika Haire at erikah@getwithitwomen.org.

Looking for a past issue of our GWI newsletter? Visit our website at www.getwithitwomen.org and click on GWI newsletters on the left side. Then, all you have to do is click on the past issue that you are looking for.

If you have any problems just let us know. Call our office at 1-877-420-3991 and we will be glad to help.

Ingredients:

- 2 cups of apple juice
- 3 Granny Smith apples
- 8 cups vegetable or chicken broth
- 6 beets, trimmed and scrubbed
- 3 tablespoons fresh lemon juice, from 1 large lemon (or to taste)
- 3 tablespoons unsalted butter (or nonstick butter-flavored cooking spray)
- Salt and freshly ground pepper, to taste
- *optional Crème fraîche for garnish

Directions:

1. Peel, core, and slice apples.
 2. Trim the tops and tails of the beets to 1 inch.
 3. Place beets in a large, heavy pot and cover with the broth and juice. Bring to a boil.
 4. Once it boils, reduce heat, and simmer partially covered, until it is tender (about 45 minutes).
 5. Remove beets from pot to a bowl with a slotted spoon. When the beets are cool enough to handle, slip off the skins and cut the beets into pieces.
 6. Strain broth through a fine sieve lined with two paper towels and return it to the pot.
 7. Melt the butter (or use cooking spray) in a large skillet over medium-low heat. Add the apples and sauté until just caramelized (about 10-15 minutes).
 8. Purée the cooked beets and sautéed apples together in batches in a food processor (blender). Add some broth through the feed tube while blending.
 9. Return the purée to the pot and combine with the broth.
 10. Stir in the lemon juice, salt and pepper (to your taste).
 11. Pass the soup through a strainer, if desired.
 12. Serve the soup hot or cold, dolloped with crème fraîche if desired.
- Serves 8.

Nutritional Analysis:

Each serving provides:

Calories: 120	Protein: 2 grams	Fat: 4.5 grams
Cholesterol: 10 milligrams	Carbohydrates: 20 grams	

*recipe adapted from the October 12, 2008 edition of *Parade*.