

FIT BITS!

Are your snacks healthy?

We all know that Nature's snacks such as apples, oranges and bananas are the best snack to pack. But what about those other snacks we all have in our house?

How do they stack up against each other? When shopping, look for the snacks with the most nutritional value (protein, fiber and 3 g or less of fat) and the least calories. Let's use snack bars as an example:

Quaker Low Fat Granola Bar

120 calories 2 gram fat
2 gram protein 1gram fiber

Kudos M&M Bar

100 calories 3 gram fat
1 gram protein 0 gram fiber

Rice-Krispie Bar

120 calories 5 gram fat
1 gram protein 0 gram fiber

Nutri-Grain Cereal Bar

140 calories 3 gram fat
1 gram protein 0 gram fiber

Kellogg All-Bran Bar

80 calories 3 gram fat
2 gram protein 5 gram fiber

Kellogg Poptart

200 calories 5 g fat
2 gram protein 0 fiber

All the above bars have 10 grams of sugar in them except Poptarts at a whopping 17 grams. Guess which is the best nutritional choice?

Answer: The bar with the most nutritional value *for the calories* provided is **KELLOGG ALL-BRAN** cereal bar and the runner up is

Quaker Low Fat Granola

Enjoy a Fresh Start and a Happy He♥rt in 2006!

The month of January brings opportunity for a fresh start on life while February evokes love and a happy heart. January and February are the perfect months to examine your life from two perspectives: your health and your heart.

Let's start with your health. Look back on 2005 and identify a couple of areas where you could improve upon your health. If exercising was not a priority last year, make it one in 2006. Start out slowly, expect gradual results and build muscle, healthy bones, and confidence in the process. Exercise is also an excellent stress reducer and mood booster. Pick activities that you enjoy such as dancing, stretching or swimming and do your best to try something new.

Avoiding boredom is one of the best ways to stick with an exercise program for the long-term. Start out by setting realistic short-term goals such as "I would like to exercise for 20 minutes three times a week. Then get a calendar and pencil in your exercise the same way you would any other appointment you have. You'll be more likely to stick to your exercise appointments by making this simple change.

If motivation is hard for you...look for a workout buddy and exercise together. Exercise is more fun when you have someone to talk to and help you along when you get tired. Pick someone with a schedule similar to yours so working out together will be easier to plan and stick with.

Now let's talk about your heart. By living a healthy life, you will also help keep your heart happy and strong. Celebrate your healthy heart in February by sending a healthy homemade valentine to friends and family. Granola is a nice sweet treat that is so good for you! Try out the recipe below and send it to a friend with a homemade card. (see tips on making homemade cards on page 2). You can also celebrate a healthy heart by trying out new healthy foods and recipes. Introduce a new piece of produce into your diet, or try a whole grain you have never tasted before. Your body will reward your efforts by staying strong and active.



RECIPE CORNER : This is a quick & easy treat to try out!

Healthy Snack Mix

4 cups of assorted high fiber cereals
½ cup raisins or other chopped dried fruit
½ cup chopped walnuts
¼ cup shelled pumpkin seeds



Combine all ingredients in a large Ziploc baggie and shake gently to mix. Serving size is ½ cup. This is a great snack for your lunches as well!

Seasonal Notes



On this day, a groundhog named Phil from Pennsylvania will be closely watched as he emerges from his winter hibernation to look for his shadow. If he sees his shadow this means 6 more weeks of bad weather. If he does NOT see his shadow, Spring is just around the corner...



February 14th

VALENTINE'S DAY

This day is celebrated as a holiday for people in love to give one another candy, flowers or other thoughtful gifts. Cupid, the most famous symbol of this day, was a child with wings that caused trouble. The arrows of his bow would supposedly pierce the hearts of his victims causing them to fall deeply in love.

If you have a valentine, look on this page for a few ways to make homemade cards for your special someone!

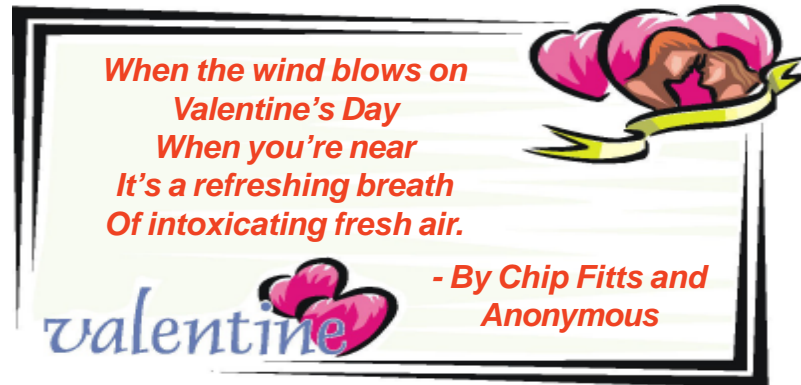
Chats with Chip

by Chip Fitts -- Roving Reporter

With Valentine's Day right around the corner, here are some verses you can use for a homemade Valentine's Day card...



Be My Valentine...I've got the eyes for you...
- Allan Feldman



You'll always be my Valentine...
- Allan Feldman

Make A Homemade Acrostic Valentine

With the exception of Christmas, Americans exchange more cards on Valentine's Day than any other time of year. Valentines were popular as far back as the Middle Ages. Paper valentines were exchanged in Europe where they were given instead of gifts.

Here are a few ideas on how to make your own...

Acrostic Valentines – These valentines have verses in which the first lines spelled put the loved one's name. He is an example for the names Lisa and John...

Lovely and pretty
I think you are
So sweet my love
A gift from above

Just like the wind
On your soft skin
Happy you make me
Never let this feeling end

If you have any suggestions or feedback for this newsletter, contact Susannah Locketti at the Sollar Wellness Center x202.