

Tips to Accelerate Weight Loss

#1 – Never Skip Breakfast Believe it or not, breakfast is the *most important* meal of the day. Eating breakfast is crucial to kick-starting your metabolism off on the right foot. It immediately elevates it, allowing you to burn more calories as you move along throughout the day. Skip breakfast, however, and the exact opposite will happen – your metabolism will *actually slow down*, making it difficult to set the pace for the rest of the day.

#2 – Cut the Food Before Bedtime If you're someone who flocks to the cupboards for a late night snack each night, it's time to give that up now. Your body goes into a catabolic state when you sleep, thus slowing down your metabolism and causing you to burn less calories. If you load up on sugars and other unhealthy foods before bedtime, you'll slowly watch it turn into fat over time. Try and eat no later than 3 hours before bedtime. Also, ensure that your dinner is small and contains little to no carbohydrates (save those for the early morning and lunch hour instead).

#3 – Say Goodbye to Processed Foods Give processed foods the boot. No matter what you might think, there is nothing good about them. Have you ever read a label on some of them? If you can't pronounce half of the ingredients, do you really think it's good to eat? We don't think so! Kick the processed foods to the curb and add more fruits, veggies, fish and lean meats into your diet. Make sure you trade in soda for water, too! (*This is a big step. Start by limiting processed foods. For example: choose one or two days each week that you will only eat all natural foods.)

#4 – Get Adequate Rest Do you find yourself burning the midnight oil more than you should? A lack of sleep can throw your body completely out of sync, making it hard for you to actually stay focused and lose weight. Your body needs time to recover and refuel. Instead of staying up late, you need to make sure that you are able to dedicate at least 7 hours of sleep each and every night. This will ensure that you are able to stay on track with your weight loss goals and will prevent late night snacking and overeating, too!

It's All Up to You Set weekly goals, take progress photos and follow these tips above to help you remain motivated and stay on track. Once you do, you will be amazed at how easily everything comes together.



GROUP CLASSES AT INCHARGE FITNESS

InCharge Fitness is happy to announce that we now offer group classes! Classes are free to InCharge members and \$5.00 per class for non-members. Below is the list of classes that we are currently offering.

WEEK DAY	CLASS	TIME	INSTRUCTOR
Mondays	Cardio Kick, Step & Tone	5:30 – 6:30PM	Melanie Schmidt
Tuesdays	Bootcamp	6:00 – 7:00PM	Susan Bruno
Wednesdays	Total Toning	5:30 – 6:30PM	Melanie Schmidt
Thursdays	Circuit Training	5:30 – 6:30PM	InCharge Staff
Saturdays	Cardio Kick, Step & Tone	8:00 – 9:00AM	Melanie Schmidt



Baked Oatmeal Cups – Gluten Free & Diabetic Friendly

These grab and go breakfast cups are perfect for those who “don’t have time” for a nutritious breakfast. You can please your entire family with this dish as they can each choose their preferred topping. Enjoy!

Ingredients:

- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups applesauce, unsweetened
- 1 banana, mashed
- 6 packets of Sweetleaf Stevia or
1 1/2 teaspoons stevia powder or use 1/2 cup honey
- 5 cups, Old Fashioned rolled oats { I used Bob’s Red Mill}
- 1/4 cup flaxseed meal
- 1 tablespoon ground cinnamon
- 3 teaspoon baking powder
- 1 teaspoon salt
- 2 3/4 cups milk (I used 1%)
- Optional toppings: raisins, walnuts, chocolate chips

Directions:

1. Preheat oven to 350 degrees.
2. Mix eggs, vanilla, applesauce, banana and Stevia together in a bowl.
3. Add in oats, flax, cinnamon, baking powder, salt and mix well with wet ingredients.
4. Finally pour in milk and combine. The batter will look runny, don’t worry!
5. Spray a 12 and 6 capacity muffin tin with cooking spray or use cupcake liners (spray cupcake liners with nonstick cooking spray too). Pour mixture evenly into muffin tin cups.
6. If using toppings add them onto the tops of muffins now. If using fresh or frozen fruit, drop it right into the batter.
7. Bake 30 minutes until a toothpick in center comes out clean. Cool and enjoy or freeze them in gallon freezer bags.



Additional Notes:

Use a half cup to one cup of honey in place of stevia if you don’t have any.

Nutrition info is without any toppings.

Freeze them in an airtight container or Ziploc bag after they have cooled. Thaw overnight in refrigerator for morning you want them. Reheat 45-60 seconds.

If you are gluten free, make sure you are using certified gluten free oats and baking powder.

I used a 1/4 cup to fill each muffin and the extra batter I had was about a half cup and I “topped” off some that looked smaller.

Nutrition Info (without toppings) Servings: 18*

Calories for one: 143* Fat: 4g* Cholesterol: 25mg* Sodium: 32mg* Fiber: 4g* Sugars: 4g* Carbs: 23g* Protein: 6g*

Source: www.sugarfreemom.com