

HEALTHY RECIPE**Healthy Recipe: Mixed-Berry Butter Crunch Parfaits**

Servings: 6

Ingredients

- 1 cup all-purpose flour
- ½ cup packed brown sugar
- ⅓ cup coarsely chopped pecans or walnuts
- ½ cup cold butter or margarine
- 1 ½ cups cereal (Try a high fiber cereal, Special K, etc.)
- ½ cup flaked coconut
- 6 containers (6 oz each) fat free red raspberry yogurt
- 1 ½ cups blackberries, blueberries and raspberries

Directions

Preheat oven to 400 degrees F.

Combine flour, brown sugar and pecans in a large bowl. Use a pastry blender to cut in butter into the mixture until crumbly. Mix in the cereal and coconut. Transfer the mixture to an ungreased 13 x 9-inch pan.

Bake for 15 minutes, stirring once. Take the pan out of the oven and let it cool for about 15 minutes.

Prepare 6 parfait glasses. Layer each one with 1 to 2 tablespoons of cereal mixture, ½ container of yogurt and 2 tablespoons berries. Make another set of this layer for each. Place a tablespoon of the cereal mixture and serve with additional berries as garnish, if preferred. Place the rest of the cereal mixture to chill until serving.

Source: www.healthyrecipe.net

Circuit Training: What is it? Why is it good for me?

Amy Dubray, Certified Personal Trainer,
Wellness & Lifestyle Coach

Circuit training has become quite popular in the last few years. Circuit training defined is an exercise plan utilizing six to ten exercises that are completed one after another with weight or body resistance equipment to increase mobility, strength, and stamina. Each exercise is performed for a certain amount of time or number of repetitions. Circuit training can be performed at the individual or group level.

Circuit training is one of my favorite modalities for a variety of reasons. To begin, it provides a usable structure for the beginning exerciser and assists in teaching that exerciser how to work a variety of body parts in the same session. I find that many people who start a training program work too many muscle groups at once doing very low repetitions. While this accounts for some level of exercise, results will not typically be seen because one is not taxing any particular muscle for the needed length of time. Circuit training taxes the muscle sufficiently to provide results and thus keep motivation high. In addition, circuit training allows for better form when performing an exercise because one is moving from legs to biceps to triceps for example. This allows enough rest for any particular muscle group. A more detailed example of a "circuit" may include one set of ten lunges, one set of ten push-ups and one set of ten tricep dips. This would be repeated 3 full times.

Every Thursday night from 6-7pm the MedSave InCharge Wellness program offers a circuit training class for our members and other individuals who want to engage in a fun, high energy hour of exercise. The hour goes by quickly and you will leave feeling energized and motivated and hopefully a little tired from a great workout! Come work out with us! As always STAY CONSISTENT AND STAY MOTIVATED!!!

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

- Mark Twain

Nutrition Tip: Portion Control

Many of you that have talked to me know that I focus on **PORTION CONTROL** and do not put foods into categories of “good” or “bad” foods. Just like I tell children: “There are ‘sometimes foods’ and ‘everyday foods’.” “Sometimes foods” are treats. We do not have them every day, but when we do allow them, they should be portion controlled! “Everyday foods” are fruits, vegetables, whole grains, low-fat dairy and low-fat protein foods. Enjoy them, but again, in **MODERATION!**

Here are some portion control tips:

- 1. Measure accurately.** For foods and beverages, use gadgets like a measuring cup, tablespoon, teaspoon, or food scale. This will help for a few weeks, while you re-train your brain as to what portion sizes should be.
- 2. Learn how to estimate serving sizes.** Eyeball your portions. Measurements to eyeball include:
 - ½ cup is the size of an ice cream scoop
 - 1 cup is the size of a tennis ball
 - 1 ounce of cheese is the size of a domino
- 3. Use portion control dishware.** (The Plate Method) Pick out smaller plates, bowls, cups, and glassware in your kitchen and measure what they hold. You might find that a bowl you thought held 8 ounces of soup actually holds 16, meaning you’ve been eating twice what you planned.
- 4. Dish out your servings separately.** Serve food from the stove onto plates rather than family-style at the table, which encourages seconds.
- 5. Make your own single-serving packs.** Or, buy the snack sized 100 calorie packs for awhile. Cut up veggies to put in baggies. They will be ready to grab-n-go! Keep these items at work and home.
- 6. Order kids’/senior size meals or share with a friend at restaurants.**
- 7. Measure oil carefully.** This is especially important because oil (even the healthful kinds like olive and safflower) have so many calories; don’t pour it directly into your cooking pan or over food.
- 8. Drink water first when you are hungry.** Often, our body will misinterpret our thirst for hunger.
- 9. Add vegetables.** Eat a cup of low-calorie vegetable soup prior to eating a meal, or add vegetables to casseroles and sandwiches to add volume without a lot of calories.
- 10. Listen to your hunger cues.** Eat when hungry and stop when satisfied or comfortably full. Use the hunger scale (0=not hungry, 4=full/stuffed). Have a friend or support person ask you what your hunger level is.

(Thanks to everydayhealth.com for the list)