



January 2017 Newsletter!



Happy New Year Everyone! Every year is a fresh start to make new goals! Start this year by making short and long term goals! Even though we are a people that love to set resolutions at the beginning of a new year, the sad reality is that the majority of us will fail to achieve them. How many swear they're going to lose weight for the umpteenth year in a row? Or say that this is the year they will "get healthy" only to stop going to the gym after one month?

Unfortunately, after a few years of this, setting resolutions can become something to avoid. After all, why would you consistently set yourself up for failure? Why not just live in the moment and see where the year takes you?

But what if I told you there was a better way? What if you could set yourself up with a better chance of success? The trick is, you've just got to be **SMART** about it.

Goals that are SMART are;

S – specific: this is the who, what, when, where, and how of your goal.

M – measurable: you've got to be able to measure your goal in some way. Otherwise how will you know if you've reached it?

A – attainable: if you really want to set yourself up for success, the goal should be something you can feasibly attain (i.e. winning the lottery so you can quit that job you hate is probably not a good goal).

R – realistic: something that you are willing and able to work toward. This doesn't mean you can't set the bar high — sometimes just fully believing something can be accomplished can make it realistic.

T – timely: your goal(s) should have a specific time-line; a date by which you want to achieve them. This will motivate you to get started.

We reached our goal!

Before the holidays, Fitness Works for women helped raise money for families in need. As a community, we surpassed our goal by raising a total of \$530 and filled an entire box of presents for these two families. Thank you to everyone who made this possible through donations as well as gifts, your donations were greatly appreciated!

Upcoming Classes for 2017

FitnessWorks For Women is pleased to announce that the following classes will be available to our members (and non-members) in the New Year!

Restorative YOGA

With Jenny, Sundays @ 12:15 pm
New Session January 15th

Mindful Movement YOGA

With Kate, Wednesdays @ 1:00 pm
New Session January 11th

Age Reversing Workout

With Sheri, Tuesdays @ 10:30 am
New Session January 12th

Sign up **NOW** as space is limited

Healthy Alternatives!

Chose Oats instead of Flour!

Blend the oats until you get a powder mixture similar to flour, this alternative adds a little flavors and has multiple dietary benefits listed in the top right corner of the newsletter!

Choose Unsweetened Apple Sauce instead of Sugar!

Apple sauce will provide your recipes with the sweetness sugar would normally provide, however it has more to offer you! Apple sauce can supply as much as 80% of your daily intake of vitamin c, is high in fiber, and can aid in weight loss!

Source : <http://thescienceofeating.com/2014/11/10/benefits-of-unsweetened-applesauce/>

Details

Wheat

Used worldwide for traditional cuisine recipes

Contains gluten

May cause digestion problems

Oats

Considered to be very healthy and used in dietary menus

Gluten-free

Very good for improving digestion

Coconut Oil Chocolate Chip Cookies

These cookies are made with coconut oil instead of butter. If you want to try something else that's new, try using steel-cut oats or rolled oats instead of flour as listed in the "Healthy Alternatives" section in the newsletter. Blend the oats to get a powder mixture, and follow the recipe as you would otherwise! Both of these changes are great alternatives, and in my opinion make the recipe twice as yummy!

Ingredients:

- ½ cup coconut oil (not melted)
- 1/3 cup light brown sugar
- 1 large egg
- 2 teaspoons vanilla extract
- 1½ cups all purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ cup semi-sweet chocolate chips



Instructions:

- Preheat oven to 350 degrees.
- Add coconut oil and both sugars to a stand mixer with the paddle attachment. Mix until combined, 1-2 minutes.
- Add in vanilla and egg. Mix until combined. Make sure to scrap the sides of the bowl throughout.
- Meanwhile add flour, baking soda and salt to a medium bowl. Whisk to combine.
- Slowly add in the dry ingredients to the wet in two parts.
- Fold in chocolate chips.
- Portion out 12 cookies and place them on a plate. The dough can be chilled for an hour or two if you prefer a thicker cookie. They can also go straight into the oven and are just a tad thinner if you choose not to chill the dough. (I usually do not. I would test one cookie first and see how it turns out)
- Place in the oven and bake for 10-12 minutes.
- Allow cookies to cool for a couple of minutes before transferring them to a wire rack to cool completely.
- Store in an airtight container.

Source : <http://chefsavvy.com/coconut-oil-chocolate-chip-cookies/>

Judy's Soup of the Month! SPICY CARROT SOUP

This is the easiest most inexpensive soup you can make. Very VERY good. I can't claim kudos for the recipe but was very surprised to find a recipe so easy to be so delicious.

Ingredients:

2 tbsp olive oil, 1 onion chopped. 2 cloves garlic minced, 1 inch fresh ginger minced (I used bottled minced garlic and ginger from Foodland) 1tsp chili, ½ tsp cumin, ½ tsp cinnamon, 3 or 4 carrots peeled and chopped, 3 cups low sodium chicken or vegetable stock, juice of ½ lemon, plain yogurt to garnish.

Directions:

Warm a glug or two of olive oil in large pot over medium heat. Saute onion, garlic and ginger for two minutes, stir in spices and cook for another minute or so. Add carrots and stir well until coated in oil and spices.

Add stock and increase heat to a boil.

Reduce and allow to simmer for about 20 minutes until carrots are quite tender.

Puree in small batches, add stock or water if too thick. Stir in lemon juice and garnish individual bowls with a spoonful of yogurt.

Serves 2 generously (I would suggest doubling the recipe).