



SEPTEMBER IS NATIONAL CHOLESTEROL EDUCATION

So What is Cholesterol?

- Cholesterol is a waxy, fat-like substance found in your body and many foods.
- Your body needs it to work properly and makes **all** that you need.
- Extra cholesterol can build up in your arteries. Over time, cholesterol deposits, called plaque, can narrow your arteries and allow less blood to pass through.
- When plaque totally blocks an artery carrying blood to the heart, a heart attack occurs.

The Facts about Cholesterol!

- Having high cholesterol puts you at risk of developing heart disease, the **leading cause** of death in the United States.
- People with high total cholesterol have approximately **twice the risk** of heart disease as people with optimal levels.
- **71 million American adults (33.5%)** have high LDL, or “bad,” cholesterol
- Only **1 out of every 3** adults with high LDL cholesterol has the condition under control

Upcoming Events:

CRP Screenings (C-Reactive Protein)

WHAT IS IT? A simple finger stick screening that measures the CRP levels in your blood. Elevated C-Reactive Protein levels indicate inflammation of the artery walls around the heart caused by atherosclerosis. The higher the CRP level, the higher the risk of having a heart attack.

WHEN IS IT? Wednesday, September 24 from 1:00-5:00 pm

HOW MUCH IS IT? \$38 (Cash, Check, or Credit. Do not accept AMEX)



Nutrition On-The-Go Seminar

WHAT IS IT? This seminar is an overview of the typical American diet, types of fats, sugar, sodium, portion control, using Choose My Plate, how to read a food label, and restaurant smart tips.

WHEN IS IT? Wednesday, September 17 from 12:00-1:00pm

WHERE IS IT? Room #2950-B

HOW MUCH IS IT? This is a **FREE** seminar!

Sign Up Online for Both Events:

<http://screenings.ltwell.com/screenings/>
Username: GAO * Password: screenings

Class Spotlight: *Body Shop*

What is it?

Body Shop is a **total body strength** workout with simple equipment and your own body weight. With a variety of exercises, you will feel **challenged** and your muscles will **thank you!**

When is it?

Body Shop is held three times a week (unless noted otherwise).



Monday: 12:40-1:25pm

Wednesday: 11:30-12:15pm

Friday: 12:40-1:25pm



Healthy Halloween Goodies



Butter & Flour-Free Monster

Cookies?!

Ingredients:

- 3/4 cup coconut oil
- 2 eggs
- 1/4 cup applesauce
- 3/4 cup granulated sugar
- 1 cup brown sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 2 cups creamy peanut butter
- 2 teaspoons baking soda
- 4 1/2 cups old fashioned oats (not instant)

(Then add any additional goodies you like!)

Options include-raisins, walnuts, m&m's, choc chips or dried fruits

Directions:

Measure out the coconut oil and place in the refrigerator to solidify for 5-10 minutes. In a large mixing bowl combine eggs, applesauce, and sugars and mix well. Add salt, vanilla, peanut butter, coconut oil, and baking soda and mix until well combined making sure to scrap the sides of the bowl. Stir additional ingredients into mixture. Add the oatmeal and stir until well mixed. Refrigerate mixture for at least an hour. Preheat oven to 350 degrees. Line cookie sheets with Parchment paper for easy cleanup. Place tablespoon size balls of cookie

dough two inches apart on prepared cookie sheets. Bake cookies for 9-10 minutes until slightly golden on the sides. Enjoy!

Tip: Reduce the sugar and add a protein punch by removing a 1/4 cup of each sugar and adding a scoop of your favorite protein powder!



The Great PUMPKIN Protein Shake

Super simple and easy to make, this protein shake combines the delicious flavors of Fall while providing tons of fiber and remaining low in fat!

Ingredients:

- 1/2 cup 100% pure pumpkin (puree or canned)
- 1 cup almond milk
- 1 frozen banana
- 1/2 tsp vanilla extract
- Few handfuls of ice cubes
- 1 scoop of vanilla protein powder (optional)
- Nutmeg, cinnamon, cloves and ginger (to taste)

Instructions:

Combine all ingredients in a blender and blend until smooth!

Tip: Add chia seeds or other seasonal fruits and veggies to get a bonus shot of vitamins and nutrients.

Trick or Treating Safety Tips



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“Trick or Treat!” It’s almost that time of year again! Parents, keep in mind these trick or treating safety tips before your little ones take on the streets!



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- **Have each child carry or wear something lit**, such as a flashlight, glow bracelet or necklace, or flashing attire for visibility.
- **Adults should plan out a route in advance** and check it during the daylight for such obstacles as broken sidewalks (or no sidewalks), construction timber, or other obstacles that could trip up trick or trickers. Trick or treat in familiar neighborhoods or areas.
- **Require well-fitting shoes** to be worn. Their feet--and most likely you who may end up carrying either the shoes or the child--will be thankful.
- **Be sure a child's mask allows full visibility and breathing.**
- **Trick or treaters should walk**, not run, and should never cut across lawns or driveways. Obstacles could exist that aren't readily visible in the evening.
- **Only trick or treat at houses that are lit.** Residents who do not wish to be bothered by trick or treaters often leave off their lights as a sign; respect their preference by only going to houses that are lit.

September

Monday	Tuesday	Wednesday	Thursday	Friday
1 Fitness Center Closed	2 Seated Massage	3	4	5
8	9 Seated Massage	10	11 Instructor's Choice at 5:30pm	12
15 Locker Lottery Sign-Ups	16 Seated Massage	17 Nutrition-To-Go Seminar 12-1pm	18	19
22	23 Seated Massage	24 CRP Screenings 1-5pm	25 Instructor's Choice at 5:30pm	26
29	30 Seated Massage			

October

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Clean out all lockers by 7:30pm	3 All lockers day use lockers only
6 Locker Lottery Winners Announced	7 Seated Massage	8	9 Instructor's Choice at 5:30pm	10
13 Fitness Center Closed	14 Seated Massage	15	16	17
20	21 Seated Massage	22	23 Instructor's Choice at 5:30pm	24
27	28 Seated Massage	29	30	31