

HEALTHY TIPS



YMCA OF GREATER FORT WAYNE

347 W. Berry St., Fort Wayne, IN 46802

JULY 2018

www.fwymca.org

The YMCA of Greater Fort Wayne is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

HEALTHY LIVING

BE RECOGNIZED AS A "HEALTHY EMPLOYER" IN OUR COMMUNITY

Join other local employers and nominate your company for the 2018 YMCA Workplace Wellness Awards. The Y encourages you to nominate your company for making strides in providing a healthier workplace!

All companies will be recognized as Healthy Employers in our community and receive an award based on your progress at the awards ceremony and reception.

DATE: Wednesday, October 24, 2018
TIME: 4:30 PM
LOCATION: The Parkview Mirro Center, 10622 Parkview Plaza Dr, Fort Wayne, 46845

To nominate your company as a Healthy Employer:

- Complete the workplace wellness assessment and nomination form online by August 31, 2018
- Return along with the \$50 application fee to the YMCA Metropolitan office.
- All nominated companies will receive four seats to the awards ceremony and reception.

We look forward to your participation and thank you for the opportunity to assist you on a path to a healthy work environment!

CLICK HERE TO NOMINATE YOUR COMPANY TODAY!



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WHAT'S HAPPENING AT THE Y?

CORPORATE CHALLENGE

Are you looking for a great team-building opportunity? How about ways to encourage your employees to be active and involved in the community? If so, check out the Central Branch YMCA's Fort Wayne Corporate Challenge! Questions? Contact Ben Linehan at 260.755.4804. The Challenge kicks off August 7th!

YMCA'S DIABETES PREVENTION PROGRAM – NEW CLASS STARTING SOON!

Jackson R. Lehman Family YMCA
5680 YMCA Park Drive West
Fort Wayne, IN 46835
DATE: TUESDAY, AUGUST 7TH
TIME: 6:00 P.M.–7:00 P.M.

ARE YOU AT RISK?

The Jackson R. Lehman YMCA will hold an A1C screening on Wednesday, July 18th from 11:00 am–1:00 pm. Sign up at the membership desk. Cost for screen is \$15. Questions? Contact us at 260.7554940 or hereforyou@fwymca.org

Visit our website at www.fwymca.org to find out what else is happening this month!

ENJOY THIS ISSUE?

Share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact us at hereforyou@fwymca.org

LIVE HEALTHY

HOW TO AVOID ADDED SUGARS



Have you been taming that sweet tooth of yours or is it a ravenous out of control beast? We do love our sweets here in America! I read once that the average person takes in 22 - 28 teaspoons of added sugar a day! Teens take in even more. This sugar comes in sneaky ways – it's in your yogurt, your bottled sweetened ice tea and coffee drinks, your cereal, your granola bar...and of course your regular sodas, cookies, muffins and so forth. It all adds up ever so subtly and the more we eat, the more we want.

So what's the big deal? Besides being a source of "empty calories", new studies are showing that this excess sugar is connected to belly fat. This kind of fat called visceral fat cripples the body's ability to use insulin and can set the stage for diabetes and cardiovascular disease.

How do you detox from all the sugar? Become aware of the added sugars in your food and taper down day by day. Your taste buds will adjust! The Nutrition Facts panel will tell you how many grams of added sugars are in a serving size. Divide the grams of sugar in the product by 4 to get teaspoons of sugar.

Women should shoot for only 6.5 teaspoons of added sugars a day and men should try to go for only 9.5 teaspoons. Even less is best if you can swing it. Look for the common forms of sugar: high-fructose corn syrup, cane or beet sugar, evaporated cane juice, brown rice syrup or honey.

Strictly limit sugar-sweetened beverages and limit fruit juice to no more than 1 cup a day. The naturally occurring sugar in fruit, milk and plain yogurt is not nearly as worrisome as the added sugars.

Consider checking out lower sugar, natural cereals you can add fruit to; mix your yogurt by using ½ plain and ½ flavored; search out recipes for muffins and cookies that use less sugar and that are packed with high nutrition ingredients such as berries and pumpkin.

Looking for a natural, refreshing less-sugar drink? Try mixing 100% fruit juice with carbonated water. Or consider a "fruit infusion" pitcher for naturally flavored water (pitcher with a holed cylinder in the center, to which you add fruit, so that flavor leaches into the water).

Today's "take home" advice, chill out on the added sugars in your diet. Your middle with thank you!

Until next time, keep progressing to amazing health,

Kathy Wehrle, RDN, CD
Community Outreach Dietitian



HEALTHY RECIPE

PIZZA LETTUCE WRAPS

INGREDIENTS:

- 1¼ cups cherry tomatoes or grape tomatoes, quartered
- ¾ cup shredded reduced-fat mozzarella cheese (3 ounces)
- 1 ounce thinly sliced, cooked turkey pepperoni, chopped (¼ cup)
- ¼ cup snipped fresh basil
- 1 tablespoon snipped fresh oregano
- 8 large Bibb lettuce leaves

DIRECTIONS:

In a medium bowl combine tomatoes, cheese, pepperoni, basil, and oregano. Divide tomato mixture among lettuce leaves. Roll up or leave open as cups.

Serving size: 2 wraps. Per serving: 144 calories; 5 g fat (2 g sat); 4 g fiber; 12 g carbohydrates; 12 g protein; 20 mcg folate; 16 mg cholesterol; 1 g sugars; 1,256 IU vitamin A; 8 mg vitamin C; 210 mg calcium; 1 mg iron; 435 mg sodium; 186 mg potassium

Source: Eatingwell.com

TIP OF THE MONTH

VISIT A FARMERS MARKET

Or grow your own food and get some bonus physical activity. Summer is prime time for a host of delicious, nutritious fruits and veggies, including blueberries, green beans, strawberries, tomatoes, watermelon and zucchini. Source: PHP Health News