Community Crossroads
GUIDANCE. SUPPORT. ADVOCACY.

A COMMUNITY OF WELLNESS

NEWSLETTER 9 - MAY 2020

COLBY DUDAL

STAYING ACTIVE

As the weather becomes warmer, more people are spending time outside and enjoying the sun. While you may not be able to go to your local gym or partake in group workout classes at this time, there are still plenty of ways to workout and stay active!

From apps that walk users through how to do workout routines properly to fitness competitions, staying active is possible for various skill and experience levels.

WORKOUT RESOURCES

My Fitness Pal - This app allows users to track their own goals, keep a food diary, save meals and recipes and learn new exercises. Several employees at Community Crossroads are currently participating in a fitness contest through this app.

Fitbit - While some Fitbit's may be out of your prefered price range, this tool is a great way to stay motivated and will track a lot of different aspects of what you do.

Argus - This app allows you to have challenges with your friends, scan the barcode on what you eat and give you a stress test. While there are in-app purchases, this app is free to download and use.

WORKOUT RESOURCES

7 Minute Workout - This app allows users to workout from the comfort of their own homes and is designed to put every minute of your workout to good use. This is a good app for beginners to try.

Daily Workout Fitness Trainer - This app for beginners allows users to try whichever type of workout they prefer and a video comes along with each workout to show how it is done.

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EAT WELL AND BEYOND



Last week, I spoke with licensed registered dietician and owner of Eat Well and Beyond, Heather Taylor. At Eat Well and Beyond, Heather helps families and individuals live a healthier lifestyle and maintain that lifestyle. Heather notes “nutrition is fundamental for living and the underlying cause of nearly every type of death is either malnutrition or living a lifestyle of poor nutrition. She works with people of all ages, food restrictions and issues to help them live a healthier lifestyle.



Heather notes that if you get stuck in a rut of only eating a few things because of specific needs relating to your diet, it is important to seek out new solutions and ways to consume the proper amount of calories and protein for your body.

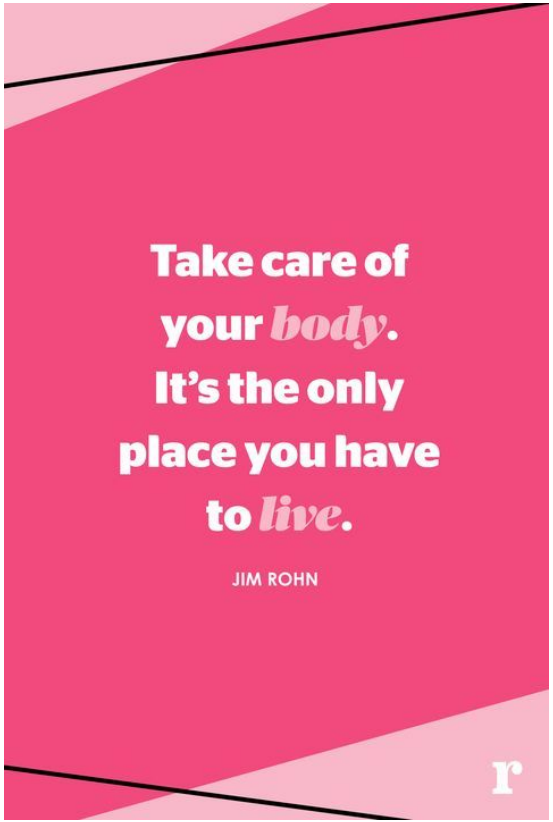
Due to COVID-19, Heather noted she has been seeing a couple different ways people are responding. She said some people who were on a busy routine and are now out of that routine are eating better and focusing more on nutrition and taking care of their body. On the other hand, some are experiencing feelings of anxiety and uncertainty and as a result are falling to negative habits.

Heather noted that this goes to show one of the many ways everyone is different when it comes to caring for yourself and being healthy. She refers to her work as “supportive counseling” as each person has their own needs.

She suggested a positive way for people to continue healthy nutrition habits is to track your own food.

Heather is still meeting with people both on the phone and through video conferencing. Check out her website for more information about Eat Well and Beyond: http://www.eatwellandbeyond.com/


DO SOMETHING
TODAY
THAT YOUR
FUTURE SELF
WILL THANK YOU
FOR.


Take care of
your body.
It's the only
place you have
to live.
JIM ROHN

OATMEAL RAISIN COOKIE RECIPE

Even a snack such as as a cookie can be healthy!

Ingredients: 1 cup (1/2 pound or 2 sticks) unsalted butter, softened, OR 1 cup shortening, 1 cup brown sugar, packed, 1/2 cup plus 2 tablespoons granulated sugar, 2 large eggs, 1 tablespoon vanilla extract, 1 1/2 cups all-purpose flour, 3/4 teaspoon salt, 1 teaspoon baking soda, 1 teaspoon ground cinnamon, 1/2 teaspoon freshly grated nutmeg, 1 1/2 cups raisins, 1/2 cup chopped walnuts (optional), 3 cups rolled oats (Quaker Old Fashioned).



1 Preheat and prep: Preheat oven to 350°F. Grease two large cookie sheets or line with Silpat or parchment paper.

2 Combine the butter, sugar and eggs: In a large mixing bowl, beat butter until creamy. Add the brown sugar and white sugar, beat until fluffy, about 3 minutes. Beat in eggs, one at a time. Add the vanilla extract.

3 Add the dry ingredients: Mix flour, salt, baking soda, cinnamon, and nutmeg together in medium bowl. Stir the dry ingredients into the butter-sugar mixture. Stir in the raisins and nuts. Stir in the oats.

4 Scoop out the dough onto sheets: Spoon out the dough by large tablespoonfuls onto the prepared cookie sheets, leaving at least 2 inches between each cookie.

5 Bake the cookies: Bake until the edges of the cookies turn golden brown, about 10 to 12 minutes. Note that the cookies will seem underdone and lightly colored everywhere but the edges. That's okay, they will firm up as they cool.

6 Cool, transfer, and store: Cool 1 minute on cookie sheets. Then carefully remove them, using a metal spatula, to a wire rack. Cool completely. They will be quite soft until completely cooled. Store tightly covered.

Recipe from Elise Bauer - Simplyrecipes.com