

{HEALTHIER YOU 2012}

Weekly
E-Newsletter



HEALTHIER YOU IN ACTION!

Lots of things can motivate you to improve your health. For some people, it's their goal is to stay disease free. For others the prime motivating factor is fitting into a favorite pair of old jeans or a brand new bikini. But many people find the best way to kick their healthy lifestyle into high gear is the thrill of competition! Sports, races and contests can give their participants the fun, active lifestyle that keeps them on track to meeting their fitness goals. And as any of these participants know, understanding where you rank against your challengers is vital. For those who want to win "keeping your eye on the prize" often really means keeping an eye on your competitors. And for the Healthier You participants vying for the top recognition prizes, the Wellness Center Leader board makes this easier than ever.

Updated every Tuesday, the Wellness Center Leader board lays out the Healthier You participants who are currently winning in each of the competition's recognition categories. This means that every week you can see the top 10 participants with the

most activity points, the most weight loss points, the greatest weight loss percentage and the most smoking cessation days.

Also featured on the Leader board are the teams leading the way in total points and the winner of the weekly prize drawing.

In this way, the Leader board allows participants to check in each week and see how close they are to being number one.

And when you realize that you are closer to the top spots than you think, it could provide the extra motivation you need to earn enough points to push you into the lead and claim the prize! 2012's

Recognition prizes include awards for the top three participants who earn the most activity points, weight loss points and largest percentage of initial body weight lost. These prizes include \$100 gift cards, a heart rate monitoring watch, Camelbaks, top of the line gym bags, and a whole host of exciting fitness accessories! It should be noted that regardless of whether you qualify for a recognition prize you can still be eligible for the Grand Prize drawings by simply earning a minimum of 100 total points.

So if you are not on the Leader Board yet don't be discouraged just keep working

Week 4- February 12-18



PWSCC Wellness Center Director Amanda Hatton, updates the Leader Board.

hard and check the board each week. The results can change quickly and your hard work can easily get you up into the leading positions sooner than you expect. The key is to not give up. Continue to stay active, challenge yourself physically and watch what you eat and you will see your hard work pay off! And of course, don't forget to check the Leader board, because hard work and knowing where you stand is the key to closing the distance between you and your competition and stepping into the lead.

FIND HEALTHIER YOU ON FACEBOOK!

You can find important Healthier You information on the SWAN Facebook page! Find information regarding the weekly Healthier You Sponsored Activity and community health and fitness events!

<https://www.facebook.com/groups/136564806375838/>
Or Search SWAN Valdez, AK



WINNER OF THE WEEK

LINDSEY ROBERTS has won a resistance band workout kit!

To pick up your prize please visit your Parks and Recreation Office, located in the Civic Center.

Recipe of the Week

Blueberries with Lemon Cream

INGREDIENTS

- 4 ounces reduced-fat cream cheese, (Neufchatel)
- 3/4 cup low-fat vanilla yogurt
- 1 teaspoon honey
- 2 teaspoons freshly grated lemon zest
- 2 cups fresh blueberries

PREPARATION

Using a fork, break up cream cheese in a medium bowl. Drain off any liquid from the yogurt; add yogurt to the bowl along with honey. Using an electric mixer, beat at high speed until light and creamy. Stir in lemon zest.

Layer the lemon cream and blueberries in dessert dishes or wineglasses. If not serving immediately, cover and refrigerate for up to 8 hours.

MAKE AHEAD TIP: Cover and refrigerate for up to 8 hours.

NUTRITION

Per serving: 156 calories; 7 g fat (4 g sat , 0 g mono); 22 mg cholesterol; 19 g carbohydrates; 6 g protein; 2 g fiber; 151 mg sodium; 189 mg potassium.



Community Connection

Get Fit for FREE!

Valdez has lots of free fitness options running throughout the duration of Healthier You that can help you get fit and have fun!

Check out the Civic Center's WINTER WALK ABOUT, which offers indoor walking courses for a variety of fitness levels. Challenge yourself by trying each of the Winter Walk About indoor walking tracks.

For more information stop by the Civic Center!

The Valdez Pool also offers great indoor free exercise options. Visit the city's website at www.ci.valdez.ak.us for open swim and lap swim hours or contact Wendy Clubb at 835-5429.

Other great free exercise options in Valdez can help you take advantage of Alaska's beautiful wilderness. Get outside with the Outdoor Adventure Club's weekly Thursday snowshoe hikes. Enjoy nature and earn activity points! For more information go to the Outdoor Adventure club's Facebook page or join the Outdoor Adventure Club this Saturday as they host a snowshoe hike during this week's Healthier You Sponsored Activity!

Upcoming Healthier You Sponsored Activities

February 18, 2012

You Get to Choose!

**SNOWSHOE with the
OUTDOOR ADVENTURE CLUB**

**Meet at 11am in the parking lot on
Homestead Road across from Swifty's.**

OR

WATER AEROBICS

**11am at the Valdez Pool
Each activity will give you 4 bonus
points for attending.**

**For those interested in sampling both options
Water Aerobics will be offered again next week
as a Healthier You Sponsored Activity.**