

# November 2016 Newsletter

## Let's Keep the Doctor Away! 5 Health Benefits of Eating Apples

1. **Boost your Immune System-** Red apples contain the antioxidant known as quercetin, which has been proven to help boost and fortify your immune system.
2. **Detoxify your Liver-** Eating apples is one of the best and easiest ways to help detoxify the liver.
3. **Help to Reduce the Chances of Cancer-** Cancer research shows that the consumption of apples could help reduce the risk of developing pancreatic cancer by up to 23 percent! Researches have also identified compounds within the peel of the apple that have potent anti-growth activities against cancer cells in the liver, colon and breast.
4. **Decrease the Risk of Diabetes-** Women who eat at least one apple a day, reduce their risk of developing diabetes by up to 28 percent.
5. **Help Digestion-** A high fiber diet is a great way to fill yourself up, and not over eat. This will help manage your calorie intake, and in turn help improve your health.

Source: <http://www.besthealthmag.ca/best-eats/nutrition/>



## Goodbye Eva-Mai



For those of you who haven't heard, our dear staff member and friend has had to leave Fitness Works for Women. Eva-Mai contributed so much to Fitness Works, offering you the newsletters, the monthly challenges and so much more! A big thanks goes out to her and all she has offered Fitness Works.

You will be missed Eva-Mai! We wish you all the best!

## Healthy Apple Recipes

A great way to turn those fall apples into something flavorful and healthy!

### Vegan Apple Banana Bread (150 Calories)

#### Ingredients

- 2 ripe bananas
- 1 apple, peeled and diced
- 1/2 cup Sucanat (or sugar)
- 1 3/4 cups whole-wheat flour
- 1/2 cup applesauce
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 tablespoon chopped walnuts (optional)

#### Directions

1. Preheat oven to 350°F. Lightly spray a 9-inch loaf pan.
2. In a medium-sized bowl, mash the bananas with a fork.
3. Add the diced apple, sugar, flour, applesauce, baking soda, salt, and cinnamon to the bowl, and mix well. Pour into greased pan, and sprinkle with chopped walnuts
4. Bake for 40-50 minutes or until a toothpick inserted in the middle comes out dry.
5. Cool in pan for 15 minutes, and then transfer to a cooling rack. Enjoy!



### Apple Cinnamon Quinoa (250 Calories)

#### Ingredients

- 1 cup uncooked quinoa
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/8 teaspoon ground cloves
- 2 apples, peeled, diced
- 1/4 cup raisins
- 2 eggs
- 2 cups vanilla soy milk
- 1/4 cup maple syrup
- 1/3 cup almonds, chopped

#### Directions

1. Preheat the oven to 350°F. Lightly grease a 7-by-11-inch baking dish (an 8-by-8 works too).
2. In a small bowl, mix the uncooked quinoa with the spices. Pour into greased dish.
3. Sprinkle the apple and raisins on top of the quinoa.
4. In the same small bowl, beat the eggs. Whisk in the soy milk and maple syrup.
5. Pour the egg-and-milk mixture over the top of the fruit and quinoa. Lightly stir to partially submerge the fruit. Sprinkle the chopped almonds on top.
6. Bake for 1 hour or until the casserole is mostly set with only a small amount of liquid left.
7. Allow to cool, and then cover and refrigerate. In the morning, cut a square, microwave it on a plate, and enjoy alone or with a few dollops of Greek yogurt.



Source: <http://www.popsugar.com/fitness/10-Healthy-Apple-Recipes-10868254#photo-38830852>

## Waist Slimming Squat

Squats are a great means to sculpt your whole body. When adding the chop and swing, this motion emphasizes your core work. If you're ready to speed up this motion, you will also start to target your cardio zone to burn off extra calories!

Source: <http://www.shape.com/fitness/workouts/shrink-your-muffin-top-fat-blasting-workout>



## Shifting your Perspective

### From this

#### Dieting

- Restrictive eating
- Counting calories
- Weight cycling (Unstable Diets)

#### Exercise

- No pain, no gain
- Must be done 3 times a week at your target heart rate zone
- Cardio is *the* means to burn calories effectively

#### Dissatisfaction with Self

- Unrealistic goals for body size and shape
- Obsession with weight (the scale)
- Striving for “unrealistic” results and perfection.
- Comparing yourself to “not real” body image seen in magazines.

### To this!

#### Healthy Eating

- Take pleasure in eating healthy foods
- Enjoy a low-fat and complex-carbohydrate foods more often
- Take control of how you eat by being aware of your hunger cues

#### Active Living

- Be active your way, every day
- Participate for the happiness of feeling your body move
- Value the practice activities that are moderate and fun

#### Positive Self and Body Image

- Appreciate you strength and abilities
- Recognize that a “healthy body” does not come in one form, every body is different!
- Be aware of media’s focus on unrealistic thinness and that Photoshop is almost always used in photos in magazines.