



FIT FACTS

New Year's Resolution Challenge Winners

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Congratulations to everyone that participated in the New Year's Resolution Challenge. As a group, you lost a total of:

394 lbs!

GREAT JOB EVERYONE!

If you would like to still weigh in every week or have any questions, feel free to ask a Fitness Staff.

Winners

- 1st Place - Alan McCallum (Free 1 Year Membership)
- 2nd Place - Wanda McCallum (Free 3 Month Membership)
- 3rd Place - Barb Botbyl (Free 2 Month Membership)
- 4th Place - Connie Riley (Free 1 Month Membership)

Congratulations to Alan McCallum on winning the New Year's Resolution Challenge! Alan lost 31.4 pounds and 5.1% body fat. He has also been able to go off his blood pressure medication. In addition, Alan's wife, Wanda, took second in the challenge. She lost 13.8 pounds and 2.3% of body fat. This couple were able to achieve their goals by becoming habitual members of WIFC and improving their diet focusing on portion control.

Honorable Mention:

Mary Lou Brock
Tyler Boyd
Rick Meyering

If you have any comments, questions or ideas about our programs please share them with our Fitness Director Megan Streeter.



Pump and Run Results

Congratulations to everyone who participated in the Pump and Run!

Print outs of the results can be found at the Front Desk.

*"Do a little more each day than you think you possibly can."
~ Lowell Thomas*

Winners (female) overall:
Heidi Hanna (-10:47)
Paige Boldt (10:33)
Heather Koning (12:31)

Winner (female) Master Division:
Mary Beth Scheer (12:57)

Winners (male) overall:
Daniel DeWulf (-12:24)
Nathan Peltz (-03:42)
Travis Mabry (-03:33)

Winners (male) Master Division:
Scott West (02:49)
Erich Harrison (03:08)

Winner (male) Clydesdale Division:
Peter Rarhig (04:08)



**Did you know....that
90 million Easter
Bunnies are produced
each year!**

Can Housework be a Workout?

Does housework count as a workout? The answer: YES! There is a reason they call it housework. You can burn serious calories during a marathon cleaning session. Here are some spring cleaning calorie burners*:

Doing laundry:	73 calories	Dusting:	85 calories
Gardening:	184 calories	Ironing:	77 calories
Mopping floors:	153 calories		
Mowing lawn :	148 calories (push mower)		
Raking lawn:	135 calories	Washing dishes:	77 calories
Washing the car:	153 calories	Washing windows:	105 calories
Weeding the yard:	153 calories	Rearranging furniture:	225 calories

*based on a 150 lb. person and a 30 minute workout

To make your house cleaning more fun and an even better workout play some fast paced music that you enjoy!



**Over \$60 billion
were spent on
weight loss in the
U.S in 2008!**

Cranberry-Lemon Muffins

Ingredients:

- 1 cup old-fashioned oats
- ¾ cup cranberries
- ¼ cup agave syrup
- 1½ cup white whole wheat flour
- 2½ tsp. baking powder
- ½ tsp. salt
- 1 cup almond milk
- ¼ cup canola oil
- 1 large egg
- ½ tsp. freshly grated lemon peel



Preparation:

1. Preheat oven to 400°F. Lightly coat 12-cup muffin tin with nonstick baking spray.
2. In food processor or blender, pulse oats until finely ground. Transfer to large bowl. In same processor, pulse cranberries and 1 tablespoon agave syrup until chopped.
3. Into bowl with oats, whisk flour, baking powder, and salt. In medium bowl, whisk almond milk, oil egg, lemon peel, and remaining 3 tablespoons agave until well blended. Add almond-milk mixture to flour mixture and stir until just mixed. Fold in cranberry mixture.
4. Divide batter among muffin cups. Bake 25 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 5 minutes, then remove from pan. Serve warm or at room temperature. Muffins can be stored in an airtight container at room temperature for up to 3 days or frozen for up to 1 month. Reheat in toaster oven or microwave.

**Nutritional facts per muffin: 150 cal, 6g fat (1g saturated) , 4g protein, 2g fiber, 22g carbs*

Fruit of the Month: **Cranberries**

Description: The cranberry is one of the fruits native to North America and is commercially grown. They were first used by Native Americans (in 1550) and cultivated for the first time in 1816. They are low in calories (45 cal/cup)

Uses: They came in a variety of forms (fresh, dried, frozen or juice) and can be used for sauces, in baked good, or added to salads and cereals.

Health Benefits: high in antioxidants, contain Vitamin C, promote urinary tract health, anti-inflammatory benefits, cardiovascular, and cancer benefits.



Nutrition Corner: **Power Up with Breakfast**

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.

- Make instant oatmeal with milk instead of water. Mix in raisins or dried cranberries. Top with chopped walnuts.
- Layer low-fat yogurt with your favorite crunchy cereal and sliced fruit or berries.
- Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
- Top a bowl of whole-grain cereal with blueberries, sliced peaches or any favorite fruit. Pour on low-fat or fat-free milk.
- Top a toaster waffle with low-fat yogurt and fruit.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
 - Spread almond butter on a whole-grain toasted bagel. Top with apple slices.
 - Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.





**WALKER ICE & FITNESS
CETNER**

4151 Remembrance Rd
Walker, MI 49534

Phone: 616-735-6286
Fax: 616-735-6290
E-mail: mstreeter@walkericeandfitness.com

Megan Streeter - Fitness Director
Mary Kay Sherman - Member Accounts Director

Fitness Staff

Eva Scott
Deb Rebekah
Sara

We are here to help you with all
your Wellness goals!

Green Corner

By the numbers

- 1 oz of organic soil cuts down on more greenhouse gases than conventional dirt.
- 500 lbs...the amount of carbon dioxide emissions saved by biking 10 miles a week instead of driving
- 2 HRS...how long a TV can be powered by energy saved from recycling an aluminum can.
- 25%....that's how much less likely passengers and drivers of hybrid vehicles are to be injured than those in conventional cars. Why? Hybrids are 10% heavier.

Easter Fun Facts:

- During the Easter season, Americans buy more than 700 million Peeps - making Peeps the most popular non-chocolate Easter candy
- Each day throughout the year, 5 million marshmallow chicks and bunnies are produced in preparation for Easter.
- When taking a bite into a chocolate bunny, 76% of Americans prefer to bite off the ears first. 5% eat the feet first and 4% eat the tail first
- 16 billion jelly beans are made specifically for Easter which is enough to fill a plastic egg the size of a 9-story building

**Walker Ice and Fitness Center will be
closed on Easter Sunday, April 8, 2012!**

