



Starting with a Healthy Breakfast in the New Year!

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It's the beginning of the New Year and that comes with new resolutions. Starting out with a healthy breakfast, like oatmeal, has many benefits for the body. Oats rarely have their bran and germ removed in processing. The more that oats are flattened and steamed the quicker they cook and the softer they become. Below are some facts about the health benefits of oats:

- Oatmeal helps lower LDL or "bad" cholesterol and may help reduce the risk of heart disease.
- They are full of fiber which helps you feel fuller longer.
- May help lower blood pressure.
- May help reduce your risk of type 2 diabetes since their soluble fiber helps control blood sugar.
- Oats are higher in protein and healthy fats, but lower in carbohydrates than most other whole grains.
- Oats are also high in beta-glucans, which is a kind of starch that stimulates the immune system. This may help reduce risk of some cancers.



January Exercise

These two simple circuits can be done at home or a gym, whichever you prefer. Add a desired amount of weight for the first two exercises of each circuit if you feel comfortable in your ability to do so. Push yourself to complete the circuits as many times as possible in 15 minutes! You can also come back to this later and see if you can beat the amount of times you completed it. This helps you monitor your progress as well.

Circuit #1: Complete as many rounds as possible in 15 minutes		
Exercise	Reps	Suggested Weight
Squats	15	15-20lb DBs
Lunges (in place)	10 ea leg	15-20lb DBs
Squat Jumps	15	N/A
Circuit #2: Complete as many rounds as possible in 15 minutes		
Exercise	Reps	Suggested Weight
Split Squat (one leg up on chair)	10 ea leg	10-15lb DBs
Wide-stance squats	15	15-20lb DBs
Jumping Lunges	10 ea leg	N/A

Oatmeal Raisin Muffins

Makes: 12 muffins

Ingredients:

1 ¼ cup all-purpose flour
 2 tsp baking powder
 ½ tsp baking soda
 ½ tsp salt
 1 tsp cinnamon
 1 cup uncooked oatmeal
 1 cup skim milk
 1/3 cup brown sugar, packed
 1 egg
 ¼ cup vegetable oil
 1/3 cup unsweetened apple sauce
 1 ¼ cup raisins



Nutrition Information per serving: 1 muffin

Calories 200
 Total Fat 6 g
 Saturated Fat 0 g
 Sodium 210 mg
 Carbohydrate 35 g
 Cholesterol 15 mg
 Protein 4 g

Directions:

1. Wash your hands and clean your cooking area.
2. Preheat oven to 350 degrees
3. Mix flour, oatmeal, baking powder, baking soda, salt and cinnamon in a large bowl
4. In medium bowl, combine milk, sugar, egg, oil, applesauce and raisins
5. Stir the two mixtures together in the large mixing bowl until ingredients are moist. Do not over stir or muffins will be flat
6. Spoon the mixture into a greased muffin tin until it is 2/3 full
7. Bake the muffins at 350 degrees for 25 minutes or until a toothpick inserted into a muffin comes out clean.

For more recipes and information on healthy nutrition habits, visit:
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