

# IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Great River **Health Fitness Newsletter**

November 2018

## Success Story

**Rick Rea**

### How long have you been coming to Great River Health Fitness?

I started the ABLE program in May.

### What is your inspiration?

I wanted to lose weight and feel better. As I keep working out and eating healthier, I can see and feel the difference.

### Tell us about your workouts:

I do about 45 minutes of weight training and 30 minutes of cardio two evenings a week at Health Fitness. At home, I try to do 30 minutes of cardio three days a week. Sometimes I work out on Saturdays at Health Fitness.

### What are your result so far?

I've gone down four pants sizes, and I've lost about 80 pounds.

### What are your favorite things about working out at Health Fitness?

The facility is clean. It has nice equipment, a good variety of equipment and helpful staff.



Rick Rea takes a break from doing crunches in the Wellness Gym.

### What would be a perfect day for you?

I make my goal weight.

### Is there anything else you'd like to share?

I'd like to thank Dr. Mike AbouAs-saly, my wife, and personal trainers Kyle and Demetrius for helping me stay motivated and pushing me to reach my goal.

## Important Dates

- Thursday, Nov. 8 – Guest Day
- Monday, Nov. 19 – Free blood pressure screening, 8 a.m.
- Thursday, Nov. 22 – Closed for Thanksgiving
- Saturday, Nov. 24 – Guest Day



## REMINDER

- As the weather cools down, you can hang your coat in one of the the gym's cubbies. You also can use a large locker in the locker room. Please don't stuff your coat into a small locker because it can damage lockers and locks.
- Before you enter the gym, please switch your snow- or sand-packed boots with gym shoes to help keep our floors safe and clean.

## Program **Highlights**

### **ABLE – A Better Life Every Day**

11 a.m. to noon  
Mondays and Wednesdays

5 to 7 p.m.  
Tuesdays and Thursdays

Does your weight go up and down like a yo-yo? If you have trouble reaching and maintaining a healthy weight, ABLE may be the program for you. Participants receive:

- A personalized exercise program
- Help and encouragement from a fitness specialist at each session
- Medical fitness checkups every three months
- Support and motivation from other members

Many ABLE participants also are enrolled in **Operation Transformation**, Great River Health System's six-month medically supervised weight-loss program.

Get more information:

- ABLE – 319-768-4191
- Operation Transformation – 319-768-4123

## Recipe **Makeover**

### **Peanut Butter Chocolate Chip Cookies**

By **Stefanie Riley, RD, LD, Nutrition Services**

Looking for a healthier alternative for your annual cookie exchange? The secret ingredient in this recipe replaces butter perfectly.

Avocados provide the same texture as butter without all the saturated fat. Besides containing healthy unsaturated fat, avocados are loaded with heart-healthy fiber. Although the calorie content is the same in both recipes, the revised recipe comes with the benefits of fiber and protein.

Worried about taste? People won't know there is avocado in these soft, peanut buttery cookies – unless you tell them! Make this recipe and spread health this holiday season!

#### **Original recipe**

Makes 48 cookies

Serving size: 1 cookie

#### **Ingredients:**

3 cups all-purpose flour  
1 cup peanut butter  
1 teaspoon baking soda  
1 cup butter  
1 cup sugar  
1 cup brown sugar  
1 teaspoon vanilla extract  
½ teaspoon salt  
3 large eggs  
1 cup chocolate chips

#### **Directions:**

1. Combine wet ingredients until well mixed.
2. Add dry ingredients.
3. Stir in chocolate chips.
4. Scoop onto baking sheet and flatten slightly with a fork.
5. Bake at 350 degrees F for 12 to 14 minutes.

#### **Recipe makeover**

Makes 12 cookies

Serving size: 1 cookie

#### **Ingredients:**

⅓ cup ripe, fresh avocado, halved, pitted, peeled and mashed  
⅔ cup peanut butter  
1 egg, beaten  
3 tablespoons agave nectar or honey  
¾ cup oats  
½ teaspoon baking powder  
½ cup dark chocolate chips

Recipe published with permission from Fresh Avocados–Love One Today®.

#### **Nutrition facts per cookie**

	Original	Makeover
Calories:	135	135
Fat:	8 g	10 g
Saturated fat:	4 g	2 g
Sodium:	80 mg	80 mg
Total carbohydrate:	15 g	10 g
Fiber:	0 g	2 g
Protein:	1 g	4 g