

Healthy Piedmont Wellness Weekly



Stay Moving this Winter!

Despite the overwhelming urge to just crawl into bed and hibernate all winter – you will feel better if you keep up the walking, Zumba, weight training or any other activities you enjoy.

Change your mind. Winter isn't just about cold weather; it's a whole new season! It's important to reflect on our past accomplishments and current goals. It can help you see winter in a new, inspired light.

Set a big goal—and some little goals. If winter weather leaves your motivation to exercise something to be desired, rev it up with a challenging, new goal. It can be anything from losing those last 10 pounds, to doing a full pull-up or running a 5K (yes, you can still run outside in the cold). Choose a goal that you *really* want and that will stretch you beyond your comfort zone to reach it.

Try something new. There's nothing like signing up for a new class or trying a new workout DVD to get you up and moving during chilly months. By trying something new, you reignite your motivation for fitness, cold weather and all!

Go out and play! If you can't seem to muster the energy to work out this time of year, try "playing" instead. Have a blast in the winter wonderland outside by making snow angels (214 calories burned/hr*), have a snowball fight (319 calories burned/hr), or building a snowman (285 calories burned/hr). No snow in your area? Try ice skating—an activity you can do indoors or outdoors - burning up to 450 calories/hr! *for a 150lb female

Get creative at home. Sure, getting to the gym can be more of a hassle when it is cold outside; however, instead you can work out at home, where's it's cozy and warm. Whether you pop in a new workout DVD, invest in a few pieces of fitness equipment or even just use your body weight for a killer workout, exercising at home can be a convenient (and fun!) solution to staying on track.

Recipe of the Week: Raspberry Strip Cookies

Prep time: 25mins
Cook time: 20 mins
Serves: 2 dozen cookies

Ingredients

- 1/3 cup granulated sugar
- 5 Tbsp butter, softened
- 1 1/2 tsp vanilla extract
- 1 large egg white
- 1 cup all-purpose flour
- 2 Tbsp cornstarch
- ¼ tsp baking powder
- ¼ tsp salt
- Cooking spray
- 1/3 cup raspberry or apricot preserves
- 1/2 cup powdered sugar
- 2 tsp fresh lemon juice
- ¼ tsp almond or vanilla extract

Directions

1. Preheat oven to 375°.
2. Beat granulated sugar and butter on medium speed until well-blended. Add vanilla and egg white; beat well.
3. Combine flour, cornstarch, baking powder, and salt, stirring well with a whisk. Add flour mixture to sugar mixture, stirring until well-blended. (Dough will be stiff.)
4. Turn dough out onto a lightly floured surface. Divide dough in half. Roll each portion into a 12-inch log. Place logs 3 inches apart on a baking sheet coated with cooking spray. Form a 1/2-inch-deep indentation down the length of each log using an index
- finger or end of a wooden spoon. Spoon preserves into the center.
5. Bake at 375° for 20 minutes or until lightly browned. Move cookie logs to cutting board.
6. Combine powdered sugar, lemon juice, and almond extract; stir well with a whisk. Drizzle sugar mixture over warm logs. Immediately cut each log diagonally into 12 slices. (Do not separate slices.) Cool 10 minutes; separate slices. Transfer slices to wire racks. Cool completely.

Source: www.cookinglight.com



Nutrition Facts

Per serving: per cookie
Calories – 75
Total Fat – 2.5 g
Cholesterol – 6 mg
Sodium – 55 mg
Total Carbs – 12 g
Dietary Fiber – 0 g
Protein – 1 g