

Educate  
the Mind

Energize  
the Body

Encourage  
Others

### INSIDE THIS ISSUE:

November Happenings	1
Tip of the Month	1
Recipe of the Month	2
November Programs	2
Wellness Warriors Winner Spotlight	2

# November Happenings

Well, the holidays are upon us! Beware those that think holiday weight gain starts in January! This is it; this is the time of year is when we start to pack on the pounds!

As a whole, we have been doing a fantastic job being aware of our health habits, but Halloween is the start, so pay close attention this holiday and get a jump-start on the infamous *holiday weight gain!*

This month we have some great educational seminars to attend. We are also having more fitness assessments this November (they're **FREE!**). Make sure you sign up for a time slot on Pipeline!



**HAVE YOU SEEN YOURSELF LATELY?**

**If you have participated in various Wellness Warriors events, make sure to check the website's main and internal pages to see if you're featured!**

**Each time you visit or refresh the page, the images change. YOU could be the star of Wellness Warriors. Go take a look!**

The TOP 20 Wellness Warrior Points Earners\* are:

1. Barbara House
2. D'Lillian Forrest
3. Caroline Morgan
4. Jennifer Coombs
5. Tanya Wright
6. Joe Groesbeck
7. Yolanda Dunn
8. Raymond Robinson
9. Karen Collins
10. Lisa Gruenawald
11. Mariane Fahlman
12. Jeffrey Martin
13. Jorgelina Corbatta
14. Anil Aranha
15. Darrious Felton
16. Kimberly Bostick
17. Mille Jett
18. Crystal Hubbard
19. Daniel Drucker
20. Michelle Nawal

**Will YOU be next? We'll find out in December. [Turn in those Tally Sheets by 11/9!](#)**

\*As of September 2009



## Tip of the Month: Fad-Free Nutrition

"Cures" for being overweight are everywhere. Bookstore shelves and supermarket checkout lanes display the latest diets. TV advertisements hawk fat-burning pills and other quick-and-easy weight-loss gimmicks. The Internet runs rampant with unproven "miracle" remedies.

The American Dietetic Associa-

tion (ADA) has a different message, and it's a good one for these media-saturated times: Be 100% Fad Free. You don't need fad diets to lose weight, the ADA says. Simply eating less will do the job. The trick is to make it a habit for life rather than a short-term trend.

Where should you begin?

Well, the following ideas will

get you started. Use these as a sensible starting point!

- Visit [MyPyramid.gov](http://MyPyramid.gov)
- Schedule a FREE Nutrition consultation (contact your Wellness coach)
- Keep a food journal. Visit to find out why & how to start: <http://is.gd/4CDpQ>

## Recipe of the Month

### Savory Thai Stew *(Vegetarian)*

Serves 6

1 tablespoon olive oil  
 1 medium onion, quartered and thinly sliced  
 4 to 6 cloves garlic, minced  
 3 medium sweet potatoes, peeled and diced  
 3 cups water  
 1 medium green or red bell pepper, cut into narrow strips  
 1-1/2 cups frozen green beans  
 1/2 teaspoon red or green curry paste  
 1 tablespoon natural granulated sugar  
 2 teaspoons minced fresh ginger  
 2 stalks lemongrass

One 13.5-ounce can light coconut milk

2 tablespoons natural peanut butter

Salt to taste

#### Directions:

1. In a soup pot over medium-low heat, heat the oil. Add onion and sauté until translucent. Add garlic and continue to sauté until both are golden. Add sweet potatoes and water. Bring to a rapid simmer, then lower the heat. Cover and simmer for 10 minutes, or until the sweet potatoes are about half done.

2. Add bell pepper, green beans,

curry paste, sugar, and ginger. Cut each lemongrass stalk into 3 or 4 pieces, and bruise by making long cuts throughout with a sharp knife. Stir into the soup pot. Simmer stew for 10 minutes longer.

3. Stir in the coconut milk, peanut butter, and salt. Return to a simmer, then cook over very low heat for another 10 minutes or until all the vegetables are tender and the flavors are well integrated. Remove lemongrass pieces. Taste to adjust seasonings, and serve at once.

VegNews Magazine



The perfect companion to sweater weather!

*"You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win."*

- Zig Ziglar



## November Programs

Programming is for registered Wellness Warriors only. To register, visit Pipeline, scroll down to "Wellness" and select the program(s) of your choice.

Nov. 2: Coupon Savvy with Sharp Scissors Lady, Student Center Rm. 29, 5:30 pm

Note: If you enroll and are unable to attend, please remove yourself as soon as

possible so others may attend. No walk-ins accepted for this session.

Nov. 5: *Becoming a Fat Detective*, Purdy Kresge Auditorium, 5 pm

Nov. 9: Fitness Assessments, Fitness Center, 12 pm

Nov. 11: Men's & Women's Health, UGL Community Room, 5:30 pm

Nov. 12: Fitness Assessment, Fitness Center, 12 pm

Nov. 13: Fitness Assessment, Fitness Center, 1 pm

Nov. 18: Fitness Assessment, Fitness Center, 12 pm

Nov. 18: Fitness Assessment, Fitness Center, 5:15 pm

Nov. 24: Fitness Assessment, Fitness Center, 12 pm

## Wellness Warrior Winner Spotlight

Chris is our latest Wellness Warriors Winner. She wrote in to let us know, "I've always been a dedicated member of the RFC. When the Wellness Warrior program began in November 2008, I somewhat unwillingly enrolled

and started making small changes in my eating habits. Today I'm over 30 pounds lighter, I'm re-evaluating my wardrobe, and I plan on sticking with it even when the Warrior Wellness program concludes. (Ed. Note: The program will continue into

2010!) I guess all I needed was a little incentive because these are changes I can definitely live with!"

SEE MORE WINNERS AT OUR WEBSITE!

[CLICK HERE!](#)

