



GUTHRIE

HealthWorks WellLetter

HealthWorks Wellness and Fitness Center

Winter 2015

Winter Workouts

www.eatright.org/resource/fitness/exercise/family-activities/family-exercise-for-every-season

The big, bulky clothes of winter often provide more than just warmth; they give us a place to hide the extra winter weight we're carrying! Once the weather turns cold, snow and ice can make jogging and bike riding difficult — and even unsafe! Don't let the cold months of winter be an excuse to cut back on your exercise routine. Consider these calorie-burning indoor activities:

- Walk your local mall.
- Take the stairs whenever possible instead of an elevator or escalator.
- Walk around your building's hallways during your lunch or coffee break.

- Don't wait for spring for a thorough house cleaning. Wash the inside of your windows, vacuum or shampoo the carpet, or clean out your closets.
- Watch and follow an exercise video or DVD rather than a movie.

Cold weather doesn't mean you have to say good-bye to all outdoor activity. There are many ways to enjoy the weather by taking your physical activity outdoors. Why should kids have all the fun in the winter?

- Have a snowball fight.
- Go ice skating.
- Go sledding.
- Make snow angels.

Holiday Food	Calories	Activity Required to Burn Off*
Apple Pie, 1 slice	411	Stair climber, level 10 for 40 minutes
Cranberry Sauce, 2 Tbsp.	83	Help Matt and Chris set up equipment for their classes
Latke, 1 homemade	106	Strength train for 30 minutes
Fudge, 1 piece homemade	117	Expresso Bike, 15 mph for 10 minutes
Egg Nog, 1 cup	258	40 minutes of calisthenics (or take a Warrior or Core Class)
Hot Chocolate, 1 cup	192	Yoga Class
Matzo Ball Soup, 1 cup	148	Ride a stationary bike, 10 mph for 30 minutes
Bread Stuffing, 1 cup	250	Intense weight lifting for 40 minutes
Mashed Potatoes, 1 cup	207	Groom your horse for 30 minutes
Ham, 3 oz.	140	Walk on the treadmill, 3 mph for 30 minutes
Turkey, 4 oz.	153	Use stationary rower, level 7 for 20 minutes
Duck, 4 oz.	227	Swim laps for 30 minutes
Pumpkin Pie, 1 slice	323	Run on the treadmill, 6mph for 30 minutes
Frosted Sugar Cookie, 1	160	Take an aqua aerobics class

*Calories burned during activity are based on a 150-pound person





HealthWorks Wellness &
Fitness Center
9768 Liberty Drive
Painted Post, NY 14870

Phone: 607-937-5555
www.guthriehealthworks.org

HealthWorks is having a 1-Day Special on January 12!

*Call 607-937-5555 to find out about the
best membership offer of the year!*

The average adult gains
only one pound during the
holiday season.

Nutrition Services at HealthWorks

Our experienced Registered Dietitian Nutritionists will identify the best food choices for you, and assist you in finding simple ways to incorporate healthy eating habits into your lifestyle.

Please call 607-937-5555 to schedule an appointment.

Cauliflower Mash

Ingredients:

1 medium head cauliflower, cut
into florets
3 Tbsp. Parmesan cheese
¼ cup plain, fat-free Greek yogurt
1/ tsp. minced garlic
pepper, to taste

Directions:

Steam cauliflower for about 15
minutes, until very tender. Drain
well.

Puree cauliflower with remaining
ingredients in food processor or
blender.

Makes 6 servings.

Nutrition Information per serving:

Calories: 41
Total Fat: 1 g
Saturated Fat: 0.5 g
Sodium: 71 mg
Carbohydrate: 5 g
Dietary Fiber: 2 g
Protein: 4 g

