

MAINTAIN, DON'T GAIN

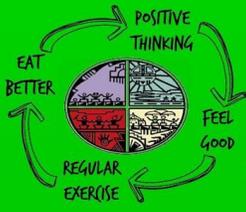
Weekly Newsletter #2

Healthy Holidays

Want to feel better, have more energy, and even add years to your life? Just exercise! The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, sex or physical ability. Need more convincing to get moving? Find a physical activity you enjoy, and just do it. Bored? Try something new, or do something with friends. Exercise and physical activity should be, and can be, enjoyable. It gives you a chance to unwind, enjoy the outdoors, or simply engage in activities that make you happy.

All you need is a set of dumbbells/ball or anything that can add weight to your workout.

Do 8-10 reps 2-3 times, resting 1 minute after each round



November 14
Turkey Trot
 @ the Hopi Wellness Center
12:00 p.m.

November 17
So'oh/Qua'ah Day
RODEO DAYS

9:00 a.m. - 2:00 p.m.

For individuals 55 years & older

Eat For the Health of It!



Zesty Quinoa Salad

This bright and colorful dish is a great recipe! Light and citrusy, it's a whole new way to enjoy quinoa. Lime juice and cilantro give a refreshing kick, while quinoa and black beans provide tasty protein.

20 mins 8 servings 220 calories

Directions:

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside and cool.
2. Whisk olive oil, lime juice, cumin, 1 teaspoon salt and red pepper flakes together in a bowl.
3. Combine quinoa, tomatoes, black beans and green onions together in a bowl. Pour dressing over quinoa mixture; toss and coat. Stir in cilantro; season with salt and pepper. Serve immediately or chill in refrigerator.

- 1 cup quinoa
- 2 cups water
- ¼ cup extra virgin olive oil
- 2 limes, juiced
- 2 teaspoons ground cumin
- 1 teaspoon sea salt
- ½ teaspoon red pepper flakes
- 1½ cups halved cherry tomatoes
- 1 (15 oz.) canned black beans, drained and rinsed
- ½ cup green onions, finely chopped
- ¼ cup chopped cilantro
- salt and pepper to taste