MAINTAIN, DON'T GAIN

Weekly Newsletter #3

Ways to stay motivated to exercise

Wow! How time Flies! We are now in week three of the Maintain Don't Gain challenge, and I bet some of you are already trying to come up with that good excuse to not exercise right? It's okay, exercising can be tiring for most, but here are some fun tips that will still make you move and burn calories without noticing it.

Cleaning - Walking around, picking up things off the floor and lifting will help burn unwanted calories. ☺

Dancing - We all have that one song that makes us want to get up and dance. Dancing and arm movements will also help burn some calories. ☺

Standing instead of sitting - If you know you don't need to sit, DON'T. Challenge yourself to stay on your feet and keep moving.

Call a friend - Call a good friend and go for a nice walk. Get fresh air and chat away. I'm sure you will forget you're exercising with all the good conversation.

These are ways to still get your physical activity in without coming to the gym all the time or killing yourself. I hope all is well with pursuing your fitness goals for this challenge. Small efforts still count. Get some rest, eat healthy, stay hydrated, and keep moving! Have a great week! Nahongvita!

November 21
Turkey Trot
Hopi Health Care Center
12:00 p.m.

GROUP FITNESS

@The Hopi Wellness Center

MONDA, NOVEMBER 21

5:30 p.m. Cardio Aerobics

TUESDAY, NOVEMBER 22

12:10 p.m.—Tabata Spinning

5:30 p.m.— Step Aerobics

WEDNESDAY, NOVEMBER 23

12:10 p.m.— Zumba

5:30 p.m.— Zumba

Closed

November 24-25

Eat For the Health of It!

PESTO PASTA WITH CHICKEN

Prep 10 m Cook 20m Ready In 30m

- 1 (16 ounce) package bow tie pasta
- 1 teaspoon olive oil
- 2 cloves garlic, minced
- 2 boneless skinless chicken breasts cut into bite-size pieces
- Crushed red pepper flakes to taste
- 1/3 cup oil-packed sun-dried tomatoes, drained and cut into strips

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat oil in a large skillet over medium heat. Sauté garlic until tender, and then stir in chicken. Season with red pepper flakes. Cook until chicken is golden, and cooked through.

8 X 8 CHALLENGE!

THIS WEEK

Drink Eight
8oz. Cups Of Water

Each Day This Week Including the Weekend.