



# FOCUS ON FITNESS March 2018

## Monthly Events:

**Nutrition Made Clear** Thurs, Mar. 1 & 15  
1:15 pm  
Game Room

This winter and spring, we wrap up the final session of this pertinent video series as we look at Functional Foods, Herbal Therapy, Organics, Creating Your Personal Nutrition Plan, Exercise & Nutrition, & The Future of Nutrition—Science & Trends.

Mar. 1 – “Organic or Conventional—Your Choice”



Mar. 15 – “Fake or Real—Sugar & Fats”

**Pool Volley Ball** Mon, Mar. 5 & 19  
1:30 pm

Come together with your peers for some old fashioned pool fun. If mobility or balance is a problem, there is no need to worry because this is a pool party! We will be playing for fun and using a beach volleyball.

**Wii Bowling** Mon, Mar. 12  
1:30 pm  
Scholl Conference Center

Good ole Wii Bowling fun! Bowling will start at 1:30pm and end at 3:00pm. Sign up in the Fitness Center in advance.

**Member Appreciation Day!** Mon, Mar. 12  
All Day

Stop by the Fitness Center for a special treat as a way for us to say thank you!

THANKS  
FOR  
BEING  
AWESOME

## Monthly Events Continued:

**Passavant's Got Talent**      Wed. Mar. 21  
6:00 pm  
Scholl Conference Center

All residents, employees and families are invited to participate in our Talent Show here at Passavant Community. Whether you're talented in singing, playing piano or guitar, juggling, comedy or something we haven't thought of, this is the event for you. It will be a fun evening of showcasing what our community has to offer. You must sign up in the Fitness & Center by March 7.



## Monthly Giggles

Q: What did the March say to all the madness?

A: What's all the bracket!

"I married an Irish man on St. Patrick's Day."

"Oh, really?" ... "No, O'Reilly."

Q: What do you get when you cross a four-leaf clover with poison ivy?

A: A rash of good luck!

## Spring into Fitness:

The warmer weather is upon us, and spring is on our heels. What better time to think about rejuvenating a fitness goal you may have had. Whether it is walking a mile, trying out a pool class, or losing 5 pounds making change requires planning and goal setting. Follow this "SMART" format to help you get started.

**Specific-** Your goal should be clear and easy to understand.

**Measurable-** How will you track your progress and know when you have met your goal.

**Attainable-** It's good to shoot for the stars, but don't get too extreme. Likewise, a goal that is too easy may not be as motivating.

**Relevant-** Set goals that are important to your life right now. This step is about ensuring your goal matters to you.

**Time-** Every goal need a target date.



## Nutrition Nuggets Submitted by Helenkay Smith:

During the month of March, as you may recall from previous years, we celebrate National Nutrition Month. This is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics, which focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

This year's theme, "**Go Further with Food**" addresses several parallel topics:

- shop for groceries locally to conserve natural resources;
- prepare meals in advance to provide balance in your diet and cash in on meal planning to reduce your food budget and food waste;
- store food correctly to reduce waste; and
- fuel well with the right food selections to get you through the day.

If you watch Monday Morning Magazine on Channel 900, we'll look at each of these topics during the coming month. And, I'll feature two guest speakers to tell you what you can expect in Dining Services during March. Don't forget to tune in!

Not all of these topics may apply to you as you enjoy more meals with Dining Services on campus and less food preparation in your apartment or cottage kitchen. However, there are a few generic points I would encourage.

Remember that preparing several meals ahead of time and freezing can yield a healthy meal later that reheats easily in the

microwave or oven. Use a thermometer to ensure leftovers reach a safe internal temperature of 165 degrees Fahrenheit. Cooking in bulk saves money, time and energy. It also forces you to plan ahead and create a grocery list, often resulting in less food waste and healthier choices. And, it can help you get the most out of your food dollars!

Let's also consider fueling well. Whether it's starting the day off right with a healthy breakfast or fueling before exercise at the Fitness Center, the foods you choose can make a real difference. The right fuel at the right time can propel your health efforts to the next level. Achieving optimal health is not about a specific food or time or year, but rather a life-long commitment that leaves plenty of time for the foods and activities we love. Let consistent sound eating habits with real food illuminate the road to good health!

Stop by the Fitness Center for the National Nutrition Month Kick-off Celebration on March 1<sup>st</sup>. In addition, on March 15, "Get Your Green On" showcases salads and delicious dressings in a Food Demo format, just in time for St. Patrick's Day!



## Braised Red Cabbage with Sweet Apples and Onion Recipe



Popular in cuisines of Central Europe, including the Czech Republic and Germany, braised red cabbage seasoned with caraway seeds is a

traditional and popular side dish. Its sweet-sour flavor complements roasted chicken, pork loin and root vegetables, too. This is an inexpensive dish that goes a long way to bring health and flavor together. Red cabbage adds to the rainbow on your plate, delivering anthocyanins, a type of phytochemical.

### Ingredients

- 1 tablespoon canola oil
- 1 medium red onion, thinly sliced
- 1 small head red cabbage, cored & shredded (about 4 cups)
- 2 sweet apples (such as Fuji, Gala or Jonagold), cored and cubed
- 2 tablespoons packed brown sugar, a natural nutrient with antioxidant benefits.
- ½ cup apple juice
- 2 tablespoons red wine vinegar
- 2 tablespoons caraway seeds, toasted
- 1 bay leaf
- ½ teaspoon salt
- ⅛ teaspoon freshly-ground pepper

### Directions

1. Heat the oil in a large saucepan over medium heat. Add the onion; cook, stirring for about 5 minutes until the onion softens and becomes translucent.

2. Stir in cabbage and apples. Cook just until the cabbage wilts, 3 to 5 minutes.
3. Combine brown sugar, apple juice and red wine vinegar in a small bowl and then stir the mixture into cabbage and apples. Add caraway seeds and bay leaf. Stir well.
4. Bring the cabbage-apple mixture to a boil. Cover; reduce heat to a simmer, cover, cook for 20 to 25 minutes until cabbage is tender.
5. Season with salt and pepper.
6. Before serving, remove bay leaf.

### Cooking Notes

- To toast the caraway seeds, put seeds in a small heavy dry skillet over medium heat to bring out the aroma, shaking the skillet frequently for 1 to 2 minutes. Allow to cool.
- Substitute 5 whole cloves for caraway, if desired; remove before serving.

**Nutrition Information:** Serving size: ¾ cup  
Serves 6 \*\*If you feel you won't use up the recipe soon enough, put half of the shredded cabbage in a freezer bag and save it for another time. Don't forget to cut the recipe in half!

Calories: 120; Total fat: 3g; Sodium: 220mg;  
Total carbohydrate: 25g; Dietary fiber: 5g;  
Protein: 2g

*Roberta Duyff, MS, RD, FAND, is author of Academy of Nutrition and Dietetics Complete Food and Nutrition Guide and 365 Days of Healthy Eating.*