

# WELLNESS FOR LIFE



## SEPTEMBER 2019 BUSINESS BUZZ

### EXERCISES TO DO ANYWHERE

Fall is quickly approaching and the weather is changing. With that in mind you might want to get out and exercise before the weather gets cold. You might be wondering what you can do both outside and inside on your own.

You can exercise just about anywhere including parks, and your own backyard. There are several exercises you can do with enough space, here is a list of exercises you can do just about anywhere.

- Push-ups
- Crunches
- Squats
- Yoga
- Planks
- Lunges
- Leg Lifts
- Burpees
- Jumping Jacks
- Mountain Climbers
- High Knees

### NATIONAL CHOLESTEROL MONTH

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

September is National Cholesterol Education Month. Now is a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals.

### DON'T EXPECT MANY NUTS IN NUTELLA

"Nutella hazelnut spread is a happy start to your day!" proclaims the jar. "Enjoy it with whole grain toast, pancakes, strawberries, bananas, and many other foods."

Not so fast. Nutella calls itself a "hazelnut spread with cocoa." A "sugar spread with palm oil" would be more honest. Nutella—which, we estimate, has just 4 or 5 nuts in each serving—squeezes in more calories, saturated fat, and sugar than Betty Crocker Rich & Creamy Milk Chocolate Frosting. Cupcakes for breakfast, anyone?

Nutella lookalike Trader Joe's Cocoa Almond Spread isn't much better. There's more sugar (about a third of a day's max) and oil than almonds or cocoa.

An alternative to Nutella might be a hazelnut spread like Amoretti Almond Dark Chocolate Spread 11oz, or the recipe on the back of this flyer.

### SEPTEMBER EVENTS

#### September 7th - 15th

Clay County Fair  
Spencer YMCA

#### Monday September 23rd

Adventure Afternoon  
Camp Foster

#### Friday September 27th

Middle School Dance  
8:00pm - 10:00pm

#### Saturday September 28th

Kids Night Out  
6:00pm - 8:00pm

#### Desirable Cholesterol Levels

<b>Total cholesterol</b>	<b>Less than 170 mg/dL</b>
<b>Low LDL ("bad")</b>	<b>Less than 110 mg/dL</b>
<b>High HDL ("good")</b>	<b>35 mg/dL or higher</b>
<b>Triglycerides</b>	<b>Less than 150 mg/dL</b>

#### Did you know . . .

...you are more likely to continue exercising after seeing a personal trainer than not seeing one?

#### Fall is a time for change!

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## Almond Hazelnut Butter

Prep Time: 25 mins

Cook Time: 15 mins

Total Time: 40 mins

Servings: 8

EASY

Ingredients

1 cup raw almonds

1 cup raw hazelnuts

1 1/2 tablespoon cocoa or cacao powder cocoa powder will yield a sweeter product

1 teaspoon honey

1/2 teaspoon vanilla extract

1/2 teaspoon coconut oil optional

Preheat the oven to 350° F, and lay out a baking sheet.

STEP 2

Separate almonds and hazelnuts on the baking sheet, and roast for about 15 minutes until your kitchen smells toasty and nutty.

STEP 3

If your hazelnuts have shells on them, put them in a towel and rub them around to remove any loose shells. It is okay if not all of the shells are removed, you just want some loose ones brushed off.

STEP 4

Pour nuts into the food processor, and start grinding.

STEP 5

It may seem like you are never going to get nut butter rather than nut powder, but it will get there. Just keep grinding, and scrape down the sides of the food processor every once in a while to make sure everything is being ground up.

STEP 6

Because the roasting has released a lot of the nuts' natural oils, it should only take about 5 minutes for the consistency to become creamy and spreadable.

STEP 7

Add the cocoa or cacao powder, vanilla, honey, and coconut oil if you are having difficulty reaching the desired consistency. I skipped the oil, and still finished with an incredibly smooth and creamy product.

STEP 8

Put in a jar, and don't forget to lick the spoon.