

# Health & Fitness News

*Mark A. Chapman*

Mark A. Chapman  
Wellness Center

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## How To Follow Through On Your New Year's Resolution

Are you considering a resolution to lose weight? It seems we all make the same resolution annually because we failed to meet the previous year's goal.

So, the question is how can we follow through?

Here are a few tips that may help:

### **1. Join a fitness center for an extended period.**

If you commit to fitness for longer periods then you will be less likely to drop out.

### **2. Know exactly what you want to achieve.**

Your goals should be specific, so you will know when you meet them.

### **Personal Training Now Offered**

The Mark A. Chapman Wellness Center is now offering Personal Training. Sessions are supervised and each exercise program is specifically designed for your needs.

### **3. Choose a diet or eating style that you can maintain over your life time.**

If you enjoy your food, you are more likely to succeed.

### **4. Exercise with a friend.**

Emotional support is important when facing a difficult challenge.

### **5. Personal training is a great way to get support and knowledge for each workout.**

Sometimes you need that extra push to workout.



Mark A. Chapman  
Wellness Center  
is closed on  
New Years Day 2010.

### **Upcoming Events:**

**12-28-09 to 01-09-10**  
Sign up for  
"The Hugest Loser"  
at the Wellness Center

**01-01-10**  
5<sup>th</sup> Annual Frost Bite 4  
Mile; Hillsboro, KS  
620-947-1604

**01-09-10**  
Frosty 5K Run/Walk  
Olathe, KS  
816-204-1780

**01-17-10**  
ORC Indoor Sprint  
Triathlon; Derby, KS  
316-788-3781  
[www.derbyrec.com](http://www.derbyrec.com)

Please take a look at our  
brochure and see if it is  
right for you.



### **Now Available:**

New Punch Card  
Available. Get 12  
visits at the  
Wellness Center  
for \$50.00 with  
no expiration  
date.



# THE HUGEST LOSER

*"Our greatest glory is not in never falling but in rising every time we fall."*  
- Confucius

## Sign Up For The Hugest Loser

This is a new program inspired by the television show "The Biggest Loser." I promise you we won't yell like Julian Michaels. If you like a little a competition or need a reason to push yourself, then this is a great opportunity. Inspiration can be a powerful weight loss tool. Check out the bulletin board and sign up before it is too late. The cost is only \$20.

### RULES and REGULATIONS

- You don't have to be a member of the wellness center to enter the contest. Outside individuals are welcome to participate.
- Participants may choose only ONE category to participate in during the competition.
- Participants have from December 28<sup>th</sup> through January 9<sup>th</sup> to sign up for

The Hugest Loser. All participants must have their entry fee and Fitness assessment done for their category by January 9<sup>th</sup> to be included in the program.

- All post fitness assessments need to be completed by March 5<sup>th</sup>. The winners will be announced the following week for each category.

## Why Do We Weight Train?

Weight training can be important to performing daily activities, like lifting objects, and carrying groceries more easily. It can also help reduce your risk of developing osteoporosis, back pain, high blood pressure, and

diabetes. Weight training may increase muscle mass, which will increase your Basal Metabolic Rate. You then burn more calories throughout the day. It is recommended that you perform strengthening activities

two or more days a week. These should include activities that work all of the major muscle groups.

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## Healthy Cooking Gluten Free Peanut Butter Kiss Cookies (48 Servings)

- ¼ cup butter-flavored shortening
- 1-1/4 cups packed brown sugar
- ¾ cup creamy Peanut Butter
- 1 Egg
- 3 teaspoons vanilla extract
- 1 cup white rice flour
- ½ cup potato starch
- ¼ cup tapioca flour
- 1 teaspoon baking powder
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- 48 milk chocolate kisses

In a large bowl, cream the shortening, brown sugar and peanut butter until light and fluffy. Beat in egg, applesauce and vanilla. Combine the rice flour,

potato starch, tapioca flour, baking powder, baking soda and salt; gradually add to creamed mixture and mix well. Cover and refrigerate 1 hour. Roll into balls and bake at 375 degrees for 9-11 min.

Nutritional Facts: 1 cookie = 98 calories, 5 g fat, 5 mg cholesterol, 67 mg sodium, 13 g carbohydrates, 2 g protein.

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