

## Spot Light On Staff



Carmen Wollum joined the Agape Team in November at the Cedar Falls front desk. Find out more about Carmen inside on Page 2!

2

## Sarah's

### *Favorite Things*



Get started now on your New Years goal or just keep moving. Learn what it takes to burn 100 calories. It might make you think twice about eating that cookie or handful of chips!

3

## Healthy Eating 2015



Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, and stabilizing your mood. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone.

2



## Weight Loss/Gain Is A Balancing Act

If you are maintaining your current body weight, you are in caloric balance. If you need to gain weight or to lose weight, you'll need to tip the balance scale in one direction or another to achieve your goal.

If you need to tip the balance scale in the direction of losing weight, keep in mind that it takes approximately 3,500 calories below your calorie needs to lose a pound of body fat. To lose about 1 to 2 pounds per week, you'll need to reduce your caloric intake or burn an extra 500—1000 calories per day.

To learn how many calories you are currently eating, begin writing down the foods you eat and the beverages you drink each day. By writing down what you eat and drink, you become more aware of everything you are putting in your mouth. Also, begin writing down the physical activity you do each day and the length of time you do it. To more accurately track your caloric intake and energy expenditure, you can go to [losit.com](http://losit.com) or [myfitnesspal.com](http://myfitnesspal.com). Sign up is free, and you might be surprised at the calories that sneak up on you!



## Spotlight on Staff: Carmen Wollum

Carmen Wollum joined Agape in November working at our Cedar Falls Clinic front desk. Her time is spent shared with assisting Dr. Jen with World Wide Wellness, and helping with Agape's front desk duties. Her favorite part about coming to Agape has been getting to know the friendly people and staff and has felt very welcomed by everyone. Carmen has been in the Cedar Valley for 13 years. Being originally from a small town, she loves the convenience and opportunities that the Cedar Valley has to offer. Carmen and her husband have 3 children and 5 grandchildren (and one more grandchild on the way) and she treasures every moment she can spend with them. Along with family time she enjoys baking and being creative. If you see her, make sure to welcome her on board!

## Healthy Eating 2015

It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite. But by using these simple tips, you can cut through the confusion and learn how to create a tasty, varied, and healthy dietless meal.

To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps rather than one big drastic change. If you approach the changes gradually and with commitment, you will have a healthy diet sooner than you think.

- **Simplify.** Instead of being overly concerned with counting calories or measuring portion sizes, think of your diet in terms of color, variety, and freshness. This way it should be easier to make healthy choices. Focus on finding foods you love and easy recipes that incorporate a few fresh ingredients. Gradually, your diet will become healthier and more delicious.
- **Start slow and make changes to your eating habits over time.** Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet.
- **Every change you make to improve your diet matters.** You don't have to be perfect and you don't have to completely eliminate foods you enjoy to have a healthy diet. The long-term goal is to feel good, have more energy, and reduce the risk of cancer and disease. Don't let your missteps derail you—every healthy food choice you make counts.

For Healthy Recipes and more information on healthy eating go to:

<http://www.mayoclinic.org/healthy-lifestyle/recipes>



## *Sarah's Favorite Things:* What does it take to burn 100 Calories?

Everything you do burns calories—breathing, sleeping, standing, and all of the active pursuits you enjoy. But what does it take to burn just 100 calories? You may be surprised by how little—or how much—activity you have to do to achieve that goal! To put it all in perspective for you, we've gathered different ways to burn 100 calories. From standard exercises you do at the gym, to everyday chores around the house, you can burn 100 calories in just a few short minutes of your day.

1. Walk at a slow pace for 36 minutes. Do this on your lunch break, or have a "walking meeting" and accomplish two things at once.
2. Walk while pushing a stroller on fairly flat ground for 30 minutes.
3. Do some nordic walking for 27 minutes—using poles while walking makes it a total body workout.
4. Use the stairs for 14 minutes.
5. Wallpaper or paint a room for 44 minutes. You will be surprised how much upper-body work is required to apply paint or wallpaper, or simply move a ladder.
6. Iron clothes for 39 minutes.
7. Dust and tidy for 35 minutes at a moderate pace.
8. Scrub the floors for 24 minutes. The vigorous motion works your upper body, and tones your shoulders and biceps while you push and pull.
9. Rake the lawn for 21 minutes.
10. Wash the car for 20 minutes.
11. Cut the grass with a push mower for 16 minutes.
12. Shovel snow (by hand) for 15 minutes.
13. Laugh it up! It will take 38 minutes to burn 100 calories, but you will also benefit from laughter's stress relieving-effects.
14. Play frisbee for 30 minutes.
15. Play golf and carry your clubs for 20 minutes.
16. Go on a bike ride for 15 minutes.
17. Practice yoga or stretching for 36 minutes. If you are a beginner, consider taking a class, or use a DVD to ensure a proper technique. Regular yoga will boost your fitness and flexibility, as well as calm your mind.
18. Swim some laps—whether in your own backyard or at a community pool—at a moderate pace for 15 minutes.
19. Crank up your favorite tunes and dance around the house at a moderate pace for 14 minutes. You can even add some air guitar if you wish—nobody's watching!
20. Skip rope for 10 minutes. A skipping rope is the cheapest cardio equipment you can buy, available at any fitness supplier or department store for about \$10.

**Sarah's Tip:** *Anything is better than nothing...so just move. You might be surprised how good it makes you feel!*

### Good For You Lasagna

1. 1 pound extra-lean ground beef
2. 1 onion, chopped
3. 1 1/2 teaspoons dried basil
4. 3/4 teaspoon oregano
5. 3/4 teaspoon garlic powder
6. 1 can (6 ounces) unsalted tomato paste
7. 1 can (8 ounces) unsalted tomato sauce
8. 3 1/2 cups water
9. 3/4 pound uncooked lasagna noodles
10. 1 cup low-fat cottage cheese
11. 3 cups shredded low-fat mozzarella cheese



This Italian favorite has less fat and calories, but all of the taste. Using low-fat cheeses and extra-lean ground beef saves 100 calories

Preheat the oven to 325 F. Lightly coat a 9-by-13 pan with cooking spray.

To make the sauce, in a large saucepan combine the ground beef and onion. Cook over medium heat until the ground beef is browned and onion is translucent. Drain well. Add the basil, oregano, garlic powder, tomato paste, tomato sauce and water. Stir to mix evenly. Bring to a boil, reduce heat and simmer for 10 minutes.

Put 1/2 cup of the sauce in the bottom of the prepared pan. Cover with a layer of uncooked lasagna noodles, 1/3 of the remaining sauce, 1/3 cup cottage cheese and 1 cup mozzarella cheese. Repeat until the ingredients are used up. Cover with aluminum foil and bake until the noodles are soft and the cheese is lightly browned, about 1 hour and 20 minutes.

**Nutrition Facts:** Total fat 15g, Calories 400, Protein 35g, Cholesterol 100mg, Total carbohydrate 38g, Sodium 690 mg

## Patient Communication



Agape Therapy



@agape\_therapy



agapetherapy.com



agapetherapy.blogspot.com



agape@agapetherapy.com



319-277-3166 (Main Clinic)



The Side Road Newsletter



### Locations:

Main Clinic: 211 W 6<sup>th</sup> St. Cedar Falls

The Den: 668 Main St. Dike

Waterloo Clinic: 927 W 4<sup>th</sup> St. Waterloo

Key West, Black Hawk Village, Cedar Falls