Director’s Corner

Have you ever wanted to participate in a triathlon but haven’t had the chance to do so? Between 11/14 and 12/2 challenge yourself to reach untold heights by completing your first triathlon-without ever having to put on a bathing suit!

Two corporate wellness students have put together a list of healthy lifestyle tasks. For each task you complete (i.e. eating 3 servings of fruit in a day) you will be given a certain distance that will go towards accomplishing your triathlon. Prizes will be given to all who participate! So grab a friend and complete your first triathlon!

For more information, ask an Adult Fitness staff member. Sign ups start Monday 11/7.

Expressing Thanks

While most of us celebrate Thanksgiving each year, many of us forget to reflect on the true meaning of the holiday. And, while most of us can fondly remember our elementary school lessons on the Thanksgiving Day feast shared between the Pilgrims and the Indians, we forget to extend these lessons to our own lives.

As eloquently stated by E.P. White, “Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day, and leave out the gratitude.”

This Thanksgiving, challenge yourself to think of a few things that you are thankful for. Maybe you will reflect upon family, friends, fitness, or good health. Maybe you will choose to express your thanks for wealth, intellect, food, or shelter.

Whatever you may choose to reflect upon, take this expression of thanks one step further. Share your thankfulness with your friends and families. Challenge your loved ones to do the same.

Next comes the hard part. Once Thanksgiving is over, don’t forget to express your thanks and gratitude throughout the year.

Extending this thankfulness and positive attitude into your daily actions will affect your life and wellbeing.

Several studies have shown a connection between positive thinking and good health. James Coyne, Professor of Psychology at the University of Pennsylvania School of Medicine, has shown evidence that mood can predict whether someone who has had one heart attack will have another.

So, use this holiday as an excuse to bring thankfulness and positive thinking into your life. Then, make sure this attitude persists from this Thanksgiving to the next, making every day a day of thanksgiving.
Boost your Thanksgiving Day nutrients with a healthy side dish!

**Brussels Sprouts with Walnuts and Dried Cranberries**

**Ingredients:** (Serves 6)
- 1/2 cup coarsely chopped walnuts
- 2 tsp. olive oil
- 1 1/2 lb. Brussels sprouts, halved
- 2 shallots, halved and sliced (1/4 cup)
- 1 clove garlic, minced (1 tsp.)
- 1/4 cup coarsely chopped dried cranberries
- 1 Tbs. agave (or maple) syrup
- 1 Tbs. walnut (or olive) oil

**Directions:**
1. Heat large skillet over medium-high heat. Add walnuts, and toast 3 to 4 minutes, or until fragrant. Transfer to plate, and set aside.
2. Wipe out skillet, and return to heat. Add olive oil, and swirl skillet to coat bottom. Add Brussels sprouts, and cook 5 minutes, or until browned, stirring occasionally. Add shallots and garlic, and cook 1 minute more.
3. Stir in cranberries, agave, and 1 cup water. Partially cover skillet, reduce heat to medium, and simmer 5 to 7 minutes, or until most of liquid has evaporated and Brussels sprouts are just tender, but not soft. Transfer to serving bowl. Stir in walnut oil and toasted walnuts, and season with salt and pepper, if desired.

**Nutritional Information:**
(per 1/2 cup serving)
- Calories: 172
- Protein: 5g
- Total Fat: 11g
- Saturated Fat: 1g
- Carbs: 19g
- Cholesterol: 0mg
- Sodium: 124mg
- Fiber: 5g
- Sugar: 9g

---

Ever Consider Trying a Turkey Trot?

For most of us, the main focus of Thanksgiving Day is the gut-busting, belt-loosening, pants-popping, sleep-inducing Thanksgiving Day Feast. But, did you know that many people participate in local Turkey Trot runs or walks before their feast? While family, friends, food, and football are certainly integral parts of Thanksgiving celebrations, consider looking into one of these organized events. Maybe even encourage a child or grandchild to participate with you! Keeping active throughout the holidays might make you feel better about reaching for that piece of pie!

**November 24th, 2011 Thanksgiving Day Organized Runs:**
- **Thanksgiving Day Run** - 4 miles - College Ave - Fort Collins, Colorado - 9:00 a.m. - 928-266-0219
- **Mile High Turkey Trot** - 5k - Washington Park - Denver, Colorado - 10:15 a.m. - 303-694-2202
- **NCMC Turkey Trot** - 2k/5k - North Colorado Medical Center - Greeley, Colorado - 9:00 a.m.
- **Turleys Turkey Trot** - 5k - CU Research Park - Boulder, Colorado - 10:00 a.m. - 303-492-8776
- **Turkey Trot** - 5k - McKee Medical Center - Loveland, Colorado - 8:30 a.m. - 970-593-6038

---

Member of the Month: Lou Weber

Lou Weber is a Fort Collins native who has been active her entire life (it's hard not to be active being raised in Fort Collins!). She also lived on a farm, which was sure to keep her moving! Lou joined Adult Fitness 10 years ago and has been a dedicated member ever since.

When Lou isn’t spending time at Adult Fitness, she enjoys downhill skiing, walking with her dog, and spending time with her children and grandchildren. She has four daughters and 9 grandchildren!

Lou’s favorite part about adult fitness is the social atmosphere and the opportunity to meet new people. She also appreciates that it keeps her moving. And, Lou’s final comment is that Adult Fitness is a great program!

If you haven’t already met Lou, please introduce yourself! She’s an early bird and can usually be found at the Monday, Wednesday, Friday morning sessions.