Director’s Corner

What a beautiful time of year! As the weather gets colder, many of us find less time to be physically active. As a reward for encouraging physical activity to those around you, we are offering a one time deal to all current Adult Fitness Members. If you refer a friend or family member to the Adult Fitness Program AND they sign up for a membership, you will received one month free of membership costs. Just a little “thank you” for recommending us!

The Truth About Weight Loss

Do you ever feel like every time you turn on the television or read the newspaper a new diet or exercise program appears? With so many “experts” promoting different diets and workouts, many of us are left wondering…“What is the real secret to weight loss?”

The answer to this question is quite simple and can be summarized by this equation: Calories In = Calories Out.

Let’s break down the equation! “Calories In” stands for the calories you consume over the course of the day. Remember, these calories come from meals, snacks and even beverages (yes, alcoholic beverages count too!). “Calories Out” stands for the calories you burn over the course of the day. These burned calories come from the calories your body burns at rest as well as the calories your body burns during physical activity.

To MAINTAIN your body weight, the goal is to keep your calories consumed equal to your calories burned. To GAIN weight, the goal is to consume more calories than you burn. And, (drumroll please…), to LOSE weight, the goal is consume fewer calories than you burn.

Let’s summarize! Your goal in weight loss is to keep the calories you consume lower than the calories you burn. This might involve skipping your nightly bowl of ice cream to reduce your calories consumed. Or, it might involve working out for an extra hour every day to increase your calories burned. Either way, if your calories burned outweigh (pun intended!) your calories consumed, you will be on the right path toward weight loss!
### Pumpkin Soup

**Ingredients:**
- 3/4 cup water
- 1 small onion, chopped
- 1 can (8 oz.) pumpkin puree
- 1 cup unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon freshly ground black pepper
- 1 green onion, green top only, chopped

**Directions:**
In a large saucepan, heat 1/4 cup of the water over medium heat. Add the onion and cook until tender, about 3 minutes. Add the remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat, and simmer for 5 minutes. Stir in the milk and cook until hot. Don’t boil. Ladle into warmed individual bowls and garnish with black pepper and green onion tops. Serve immediately.

**Serving Size:** 1 cup
- Calories: 72
- Fat: 1g
- Saturated Fat: <1g
- Cholesterol: 1mg
- Sodium: 241mg
- Carbohydrate: 12g
- Fiber: 2g
- Protein: 3g

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### Not-So-Scary Halloween Treats

Halloween is approaching, and soon Trick-or-Treaters will be at your doorstep. Let’s not deny that half the fun of handing out Halloween treats is reaching into that goodie bowl for a little treat for yourself! Knowing the best candy to choose will help you to avoid a Halloween weight-gain scare this year! Here are some not-so-scary options!

**BEST MINI CANDY BAR:** 3 Musketeers Mini (24 cal., <1 gram fat)
**BEST FULL-SIZE BAR:** York Peppermint Pattie (140 cal., 2.5 grams fat)
Dum Dum Lollipop (20 cal., 0 grams fat)
Hershey’s Kiss (3 pieces; 67 cal., 4 grams fat)
Candy Corn (10 pieces; 64 cal., 0 grams fat)
Tootsie Roll (26 calories, 0.5 grams fat)

![Halloween Treats](https://via.placeholder.com/150)

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### Member of the Month: Heather Stanton

Heather began working out a year and a half ago when she was on crutches from breaking her ankle (what motivation!) and has been a member of Adult Fitness for a majority of that time.

Heather is Colorado born and raised. She is a Geologist and GIS (Geographic Information Systems) Specialist and is currently a Research Associate at CSU. One of her favorite parts about Adult Fitness is that is it so convenient to her work...no commute! She also likes the friendly staff.

When Heather is not working at CSU or working out at Adult Fitness, her favorite hobby is following politics. If you have not yet met Heather, please introduce yourself! Maybe you can even engage her in a compelling political discussion!