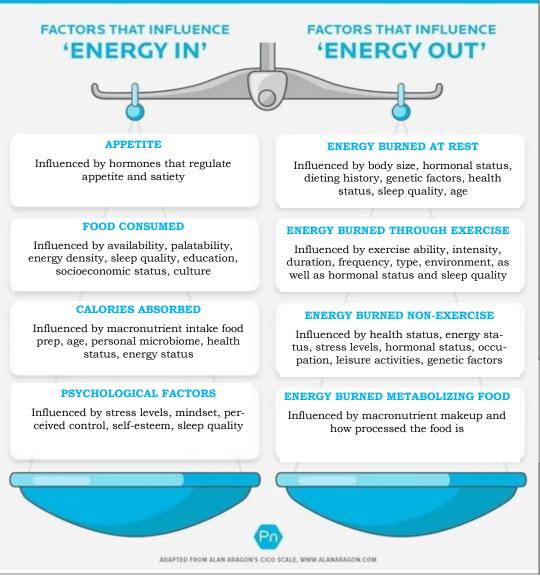


ENERGY BALANCE



DID YOU KNOW....

Optimal fitness requires a balanced exercise routine that incorporates aerobic, strength training and flexibility exercises.

By increasing your heart rate through aerobic exercises you oxygenate the body to improve heart and brain health.

Strength training builds muscle mass, which in turn burns fat. Additionally, it's been proven to promote cognitive function.

In order to perform everyday activities with ease, flexibility is required. By stretching regularly, practicing yoga or Pilates, you can prevent loss of mobility, decrease the chance of injury and improve your performance during exercise.



"How can I eat less and still gain weight?" Have you ever felt this way? What's the deal? Are our bodies "broken" or can you actually gain weight from eating too little? You've probably heard the term—the laws of thermodynamics—before. Or maybe you've heard it talked about as energy balance (calories in, calories out). Thermodynamics is a way to express how energy is used and changed. And the truth is...energy balance does determine body weight!

- If we absorb less energy than we expend, we lose weight
- If we absorb more energy than we expend, we gain weight

There are many factors that influence both sides of the equation, which can make things feel a little confusing. But...humans do not defy the laws of thermodynamics. Put another way: even if we think we're defying energy in vs energy out...we're not.



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CHANGE SERVICE REQUESTED

Recipe of the Month: Healthy Pumpkin Bars

These pumpkin bars have less oil than traditional pumpkin bars but all the flavor. The perfect fall treat. **Ingredients:**

2 cups whole wheat pastry flour3/4 tsp salt1/4 c unsweetened applesauce

2 large eggs

1/2 c dark chocolate chips + more for topping

Directions:

- 1. Preheat oven to 350 degrees and spray a 13 x 9 inch baking pan with non-stick spray or line with parchment paper.
- 2. In a medium bowl, stir together flour, pumpkin spice, soda and salt. Set aside.
- 3. In a large bowl, whisk together sugar, applesauce, yogurt, oil, eggs, and vanilla until well combined. Stir in pumpkin puree.
- 4. Slowly pour flour mix into the wet ingredients and mix will until everything is combined. Stir in chocolate chips.
- 5. Pour dough evenly into the greased pan and top with additional chocolate chips.
- 6. Bake for 20-25 minutes or until a toothpick comes our lean with stuck into the middle of the bars. Cool completely, cut into 15 bars and enjoy!

Recipe by Eating Bird Food

1 TB pumpkin pie spice 1 c coconut sugar or brown sugar 1/4 c plain Greek yogurt 1 tsp vanilla

1 tsp baking soda

1 TB melted coconut oil 1 cup canned pumpkin