

HEALTH

Reflecting on Slim Down and moving forward

We're coming up on the end of Slim Down with Rivertown and kudos to you for keeping up with it to the best of your ability.



DAVID CLAREY
Slim Down with Rivertown

The final weigh-in is on May 8 at Kilkarney Hills Golf Course in River Falls and it will be exciting for the prizes awarded and the general celebration of the last 13 weeks. Over the course of the challenge, we've covered a wide breadth of topics — from wellness tips, workout tips and some mental health tips, too. For my last column I wanted to recap some

TIP OF THE WEEK FROM VIBRANT HEALTH

Sleep affects weight

By Debra Sanders, RD, CD

Sleep is like nutrition for the brain. Most adults need seven to eight hours of good quality sleep each night. Falling short on sleep can affect your hunger hormones. Along with eating right and



exercising, getting quality sleep is an important part of weight control.

Visit <http://SlimDownWithRiverTown.com> each Monday to see a weekly video.

of these things we've covered as a reminder for post-Slim Down weeks. There's so much more than I can note here, too, so please do look back on your own if you ever need a reminder.

Let's start at the top. Fellow reporter and Slim Down columnist Brian Mozey started us off with some tips on creating daily workouts. He detailed the "30-

day challenge" a set of workouts that focus on whatever body part you want.

He wrote, "These 30-day challenges are a great tool to start working out on a daily basis. Most of these daily workouts last 20 to 30 minutes."

Mozey's challenge tip reminded me of a column I wrote a few weeks ago, where I asked my friend who is a physical



therapist some tips on building habits.

He outlined how intentional working out should be — make sure you plan it and have attainable goals. This will make it easier to recognize your progress and stay on task throughout your plan.

We've had plenty of other tips too — I really urge you to cook at home more often. It's usually healthier, and a lot cheaper too. That's a win-win.

Mozey also asked us all to find ways to incorporate the changing seasons into our wellness. He even advocated for some winter workouts. It was things like snowshoeing or winter runs. These are all ways to stay active in our colder months, and he recently threw out some tips on spring and summer workouts as well.

Maybe the most important tips from this challenge came from Katie Davidson. She shared some extremely raw personal experiences with us, detailing some of her eating struggles.

Recently, Davidson told us to avoid self-punishment for overeating, and I think that extends to any facet of health. If you miss a

Mozzarella, Basil & Zucchini Frittata

By: EatingWell Test Kitchen

This vegetable-studded frittata recipe is one of the quickest meals you can make. Make it for breakfast, or serve for lunch or dinner with a tossed salad and a slice of olive oil-drizzled crusty baguette.

Ingredients

- 4 servings
- ▶ 2 tablespoons extra-virgin olive oil
- ▶ 1½ cups thinly sliced red onion
- ▶ 1½ cups chopped zucchini
- ▶ 7 large eggs, beaten
- ▶ ½ teaspoon salt
- ▶ ¼ teaspoon freshly ground pepper
- ▶ ¾ cup pearl-size or baby fresh mozzarella balls (about 4 ounces)
- ▶ 3 tablespoons chopped soft sun-dried tomatoes
- ▶ ¼ cup thinly sliced fresh basil

Directions

- Prep 20 min.; ready in 20 min.
- Position rack in upper third of oven; preheat broiler.
- Heat oil in a large broiler-safe nonstick or cast-iron skillet over medium-high heat.
- Add onion and zucchini and cook, stirring frequently, until soft, 3 to 5 minutes.
- Meanwhile, whisk eggs, salt and pepper in a bowl. Pour the eggs over the vegetables in the pan.
- Cook, lifting the edges to allow uncooked egg from the middle to flow underneath, until nearly set, about 2 minutes.
- Arrange mozzarella and sun-dried tomatoes on top and place the skillet under the broiler until the eggs are slightly browned, 1½ to 2 minutes. Let stand for 3 minutes.
- Top with basil.



Submitted photo

The vegetable-studded frittata is a healthy option for breakfast, lunch or dinner.

To release the frittata from the pan, run a spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into 4 slices and serve.

Nutritional information per serving

- ▶ Serving size: 1 slice
- ▶ Per serving: 292 calories; 21 g fat (7 g sat); 2 g fiber; 8 g carbohydrates; 18 g protein; 65 mcg folate; 346 mg cholesterol; 4 g sugars; 0 g added sugars; 937 IU vitamin A; 13 mg vitamin C; 227 mg calcium; 2 mg iron; 513 mg sodium; 408 mg potassium
- ▶ Nutrition bonus: calcium (23% daily value), vitamin C (22% dv)
- ▶ Carbohydrate servings: ½
- ▶ Exchanges: 1½ vegetable, 2½ medium-fat meat, 1½ fat

Recipe courtesy of EatingWell.com and approved by Vibrant Health dieticians

workout, you don't need to get in a rut.

Davidson wrote about holiday feasting warmly, "Have an extra piece of pie as a bedtime snack? Let it go. Your diet will be there to return to the next day," she said. "Eating your favorite foods should not come

with stress or anxiety any day but especially not over the holidays."

I really hope you found the challenge stimulating and found it as a stellar way of building a strong and healthy lifestyle habits. Best of luck in the final week of the challenge and beyond.

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