

April 2017



Nutrition Corner

Up your fiber intake

Along with protein and good-for-you fat, fiber is one of those nutrition elements that keeps you full and fueled all day long. And if you're trying to get fit and shed pounds, fiber is your best friend. In fact, in one an American Heart Association study, participants who consuming 30 grams of fiber a day ended up losing weight and improving their heart health. So when it comes to staying healthy and slim, aim for that 30 gram fiber goal!

1. Split Peas *Fiber:* 16.3 grams per cup, cooked.
2. Lentils *Fiber:* 15.6 grams per cup, cooked.
3. Black Beans *Fiber:* 15 grams per cup, cooked
4. Lima Beans *Fiber:* 13.2 grams per cup, cooked.
5. Artichokes *Fiber:* 10.3 grams per medium vegetable, cooked.
6. Peas *Fiber:* 8.8 grams per cup, cooked.
7. Broccoli *Fiber:* 5.1 grams per cup, boiled.
8. Brussels Sprouts *Fiber:* 4.1 grams per cup, boiled.
9. Raspberries *Fiber:* 8 grams per cup, raw.
10. Blackberries *Fiber:* 7.6 grams per cup, raw.
11. Avocados *Fiber:* 6.7 grams per half, raw.
12. Pears *Fiber:* 5.5 grams per medium fruit, raw.

Fitness Tip of the Month

Pick your perfect tunes

Working out with music is a great way to get in a groove. To pick the ultimate iPod playlist, think about what gets you going. Many elite athletes listen to what we'd consider 'relaxing' music, such as symphony music, while they do a hard workout. So don't feel like you have to download Lady Gaga because her tunes are supposed to pump you up—go with any music that you find uplifting.

Run with this

Before you hit the road, make sure you're packing these key staples: a watch to log your total time (or a fancy GPS to track your mileage), an iPod with great amp-you-up music, a cell phone if you don't mind holding onto it, and a RoadID (a bracelet that includes all your vital info, \$20; roadid.com). And on a sunny day, wear sunglasses. "They reduce glare, which can decrease squinting, ultimately releasing the tension in your shoulders. And that's a performance bonus, because relaxing them helps conserve energy on your runs.

Rockin' Recipe

One Pot Black Pepper Chicken

Ingredients

- 1-1/2 pounds boneless, skinless chicken breasts, cut into cubes
- 1 red bell pepper, seeded and cut into strips
- 1-1/2 teaspoons freshly ground black pepper
- 1-inch fresh ginger root, peeled and finely chopped
- 2 cloves garlic, peeled and finely minced
- 3 tablespoons lite soy sauce, divided
- 3 tablespoons white vinegar, divided
- 1 tablespoon coconut palm sugar or honey
- 2 tablespoons olive oil

Directions

Whisk together in a medium sized bowl, half of the soy sauce, half of the vinegar, and the sweetener. Add the chicken and toss to coat. Place in the fridge to marinate for 30 minutes. Add oil to a skillet and heat to medium-low. Add the garlic and ginger and cook for 30 seconds, just until garlic is golden and fragrant, but not burnt. Add the marinated chicken with any juices in the bowl and cook for 3 minutes. Add the bell pepper strips, remaining soy sauce and vinegar, and black pepper and stir. Cook for about 10 minutes until peppers have softened and chicken is cooked through. Spoon chicken over or alongside brown rice or quinoa.

Local Events Schedule

- April 8- Tradition's Triathlon- Biloxi
- April 15- Crescent city Classic 10K, New Orleans
- April 15- Zydeco Crawfish Fest 5K, Gulf Shores
- April 29- It Takes Two 4X4 Relay, Bay St Louis
- May 5- Pursuit of Fun 5K-Gulfport
- May 6- Love for Sophia 5K Ocean Springs
- May 13- Osprey Swim, Ocean Springs
- May 14- Pensacola Beach Tri-Pensacola
- May 27- Big Easy Tri- New Orleans

Recurring Events

- Thursdays 7pm IPA Running Club (run)
Meet at Mosaics Downtown OS
- First Saturday Monthly-Tato Nut Ride –bike ride,
Meet 8:45 Little Children's Park, OS
- Second Saturday Monthly- Pascagoula Bike Ride
Meet @ 600 City Park St (Beach Park) 8am