



The Fit Blue Line



Happy Spring to our Heroes.

We hope this newsletter offers fresh ideas, inspiration and delivers our deepest appreciation. We strive to give you usable information that can change your health immediately! We hope that you'll implement at least one suggestion each month, or renew your motivation, or simply know that your community values and applauds you. *Be safe! from the staff of Infinity*



With all the changes in the world recently, it can be difficult to focus on gratitude. But we ARE grateful to live in a city like Fruitland Park with awesome officers who protect our family and community every day. THANK YOU! *The Santiagos*



I stand with you and for you. God bless.
Ernie



I have seen your quick response to our needs and your caring service to our citizens. Thank you FPPD. *Tom*



Thank you for helping me when I needed you.
-Anya



Very few people can do what you do, and for that you deserve special admiration and respect. We tip our hats to your bravery, duty, and compassion. — *Matt*



I'm grateful for your selfless acts and duties that afford my family a safe community. Thank you to your families, too. — *Maryann*

Not all calories are created equally. Read on about how to feel satisfied...

...on fewer calories.



Filling foods tend to have the following characteristics:

High in protein: Studies show that protein is the most filling macronutrient.

High in fiber: Fiber provides bulk and helps you feel full for longer. Fiber may slow down the emptying of the stomach and increase digestion time.

High in volume: Some foods contain a lot of water or air. This may help with satiety as well.

Low in energy density: This means that a food is low in calories for its weight. Foods with a low energy density are very filling. They typically contain a lot of water and fiber, but are low in fat

The Most Satiating Foods in Order are: boiled potatoes, eggs, oatmeal, fish, soup, meat, Greek yogurt, vegetables, cottage cheese, legumes, fruit, quinoa, nuts, and popcorn.

What is an EMPTY CALORIE?

"Empty calories refer to foods that are high in calories (that is, they are 'energy-dense') but are also 'nutrient-poor', meaning they are very low in essential nutrients and have little or no nutritional value."

Do these make me gain weight? YES

"Refined sugar spikes the fat storage hormone insulin, and poor-quality fats impair mitochondrial function and contribute to inflammatory weight gain." The body does NOT process 150 calories of chocolate as it does 150 calories of fruit.



The Smart Way to Fill Your Plate

50% fruits/vegetables 25% grains/starches 25% protein