

The Fit Blue Line



We appreciate you!



Ever since fat was demonized, people started eating more sugar, refined carbs and pro-

cessed foods instead. As a result, the entire world has become fatter and sicker. Here are **5 high-fat foods** that are actually incredibly nutritious.

Cheese is incredibly nutritious, and a single slice contains a similar amount of nutrients as a glass of milk. It is a great source of vitamins, minerals, quality proteins and healthy fats.

Dark chocolate is one of those rare health foods that actually taste incredible. It is very high in fat, with fat at around 65% of calories. It is also loaded with antioxidants, so much that it is one of the highest scoring foods tested, even outranking blueberries.

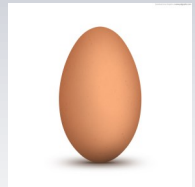
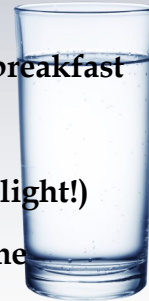
Studies have shown that cholesterol in eggs doesn't affect the cholesterol in the blood, at least not in the majority of people. What we're left with is one of the most nutrient dense foods on the planet.

Fatty fish (think salmon, trout, mackerel, sardines and herring) is loaded with important nutrients, especially omega-3 fatty acids. Eating fatty fish is linked to improved health, and reduced risk of all sorts of diseases.

Whereas most fruits primarily contain carbs, avocados are loaded with fats. While avocados are about 77% fat, by calories, they contain vitamins, fiber, and potassium.

10 GREAT HABITS

1. Focus on what you have
2. Smile
3. Have a healthy breakfast
4. Drink water
5. Exercise (can be light!)
6. Manage your time
7. Manage your money
8. Supplement with needed vitamins & minerals
9. Daily goals
10. Be generous



SHORT ON TIME?

20 minute HIIT

repeat circuit twice to complete 20min

- | | |
|----------------------|-----------------------|
| 1:00 jumping jacks | |
| :30 side lunges | :30 mountain climbers |
| :30 squats | 1:00 jumping jacks |
| 1:00 jog on the spot | :30 side lunges |
| :30 burpees | :30 push ups |
| :30 lunges | :30 squats |
| 1:00 skipping | 1:00 plank |
| | :30 sit ups |
| | :30 burpees |



Put simply, dietary fiber is a non-digestible carbohydrate found in foods. Dietary fiber has various health benefits.

Not only does it feed your gut bacteria, soluble fiber also forms short-chain fatty acids, which nourish the colon wall.

Additionally, viscous, soluble fiber may reduce your appetite, lower cholesterol levels and decrease the rise in blood sugar after high-carb meals.

If you are aiming for a healthy lifestyle, you should make sure to get a variety of fiber from whole fruits, vege-

95% of American adults and children don't meet the recommended daily fiber intake. The average daily fiber intake is estimated to be 16.2 grams



Broccoli & Green Peas

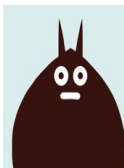
Whole wheat spaghetti

Bran flakes & oatmeal

Lentils & black beans

Pears and raspberries

Great sources



The more fiber people have in their diet, the more water they will need to keep the fiber moving through their digestive tract.

When we're not sweatin', we're doing a lot more!



CPR Training

Raffle for the Food Pantry



Nutrition Education