### Membership
Closed: Monday, January 2
Monday, January 16
5 p.m. closing: Wednesday, January 11

### Group Exercise
*Winter Schedule is in Effect*
*Try This!!*

**Total Body Circuit!**
**Mondays, 6:30 -7:15 a.m.**
**With Kim**

### Seminars
**Eating Sensibly in the New Year**
Friday, January 20
Noon - 1:00 p.m.
Shapiro 247
Presented by Rob Davis, Dietetic Intern

**Moving Well in the New Year**
Wednesday, January 25
**Part 1: Noon – 1:00 p.m.**
**Shapiro 10 Conference Room**
Presented by Michael Hoey

Call the Tanger Be Well Center at (66)7-4695 to register

### Gym Etiquette
During this busy time of year, please respect the 30-minute time limit on the use of cardio equipment and be sure to wipe down the equipment after use.

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### Be Well Member Highlight

Jill started her journey to better physical and emotional health in a program offered at Be Well in March of 2015. 20 Months later, and 70 pounds lighter, she talks about some of the most difficult challenges she met and some of the most important behaviors she changed. “One of the toughest challenges was making the time,” she says. “Once I realized that I could come into work early and get the work done, making time for my own well-being became a priority, even if it meant getting home a little later.” Making these types of sacrifices for our own physical and emotional health should be our goal. All too often, we tend to fill our schedules with everything except the most important thing, caring for ourselves. Jill also understands that there is more to a program than its physical component. “We can exercise all we want,” she says, “but eating poorly will inhibit and skew our results.” Major changes in her diet are not the only modifications Jill has made; in recent months, she has also taken up mindfulness. “It is important to be mentally fit as well as physically fit,” she says, “to find balance and be grounded in both. It is vital to take the time to be in the present moment and not spend all of your time caught up in abstract thought.”

When Jill is not using the facilities at Be Well, she enjoys sharpening her boxing skills and hiking with her husband. As an animal lover, she spends as much time as she can with her dogs.
Health Benefits of Cooking with Spices and Herbs

Although herbs and spices are known primarily as excellent sources of seasoning, adding them in cooking is also a good way to help you limit your sodium intake. The 2015-2020 Dietary Guidelines for Americans recommends a daily sodium intake lower than 2,300 mg (equivalent to about 6 grams or 1 teaspoon of salt) for healthy adults and children over 14. ¹ Excessive salt intake increases your risk of high blood pressure. Spices and herbs are low in sodium and have strong flavors in small quantities. When you add these seasonings to your cooking, you might find that you need less salt. Spices and herbs are also high in polyphenols, such as phenolic acids and flavonoids. These are the compounds which provide color, smell and flavor. They are also antioxidants and have potential anti-inflammatory effects. Dried spices and herbs are more concentrated in polyphenols than fresh ones.

Although spices and herbs are historically used as herbal medicine, research findings have been mixed regarding their ability to treat diseases. One of the most popular spices under study is cinnamon. Some small studies found that intake of cinnamon lowered fasting blood glucose, but showed no significant effect on hemoglobin A1c, a measurement for three-month plasma glucose. ² At this point, it might be too early to suggest cinnamon for treating diabetes but substituting a teaspoon of cinnamon for the brown sugar in your morning oatmeal would be a perfect way to reduce your sugar intake.

Q: How can I incorporate more spices and herbs in my diet?

A: You can always reduce the amount of salt in a recipe by adding extra prepared unsalted mixed spices and herbs or whatever individual seasonings you prefer. If you don’t have fresh herbs at home, you can use dried ones. Dried herbs are more concentrated, so replace one tablespoon of fresh herbs with one teaspoon of dried ones. When you are making baked goods, test new combinations of baking spices and eliminate one-quarter to one-half of the sugar in the original recipe. To refresh your hot winter beverages, you can add some ginger, cinnamon, nutmeg, star anise, fennel seeds, clove, cardamom, peppermint, lemon zest or lemongrass. The important thing is to be creative and have fun! You might be surprised at what a fantastic chef you are!

Sources: