



Message from Lori Graff, RD LD (Grand Ave. Hy-Vee Dietitian):

Lori Graff, RD LD

If you are like most, you are working out on a regular basis to make your muscles leaner, stronger and/or faster. Just as important as your exercise routine is food you use to fuel your body the other 22 hours of the day you are not at the gym. To help you meet your goals, 7 Flags Fitness & Racquet Club asked me to contribute an article to their monthly email to compliment your workout regimen. I look forward to being a member of your health team. Here's to leaner, stronger, faster muscles!

Lori Graff, RD LD
Grand Avenue Hy-Vee dietitian
lgraff@hy-vee.com

Choose Chia for Health Benefits

Need something to help curb your appetite? Or maybe looking for a way to help control blood sugars? You may want to consider the newest super food to hit the supermarket shelves, the chia seed. Best known for growing Chia Pets in clay pots, the chia seed has an impressive list of nutrients and health benefits.

This tiny seed is big when it comes to nutrition value. It's high in fiber, as a half-ounce contains 6 grams of fiber, the same amount of fiber found in three slices of whole wheat bread. The soluble fiber when combined with liquids forms a gel, which helps the body regulate how carbohydrates are digested and stabilize blood sugars. The soluble fiber also may have a role in controlling appetite and cholesterol. I have seen clients decrease their total cholesterol as much as 50 points after taking the chia seed for 4 months. Another bonus; it contains some of the highest amount of plant-based omega-3 fats.

What's even more amazing is how simple it is to eat chia seeds. No need to grind first, just sprinkle or stir and eat. Chia seeds have little flavor, making it easy to add to your favorite foods without changing the taste. Simply sprinkle one tablespoon on salads, yogurt, cereal, applesauce or smoothies. Or stir the seeds into a beverage such as juice right before meals to help control hunger and feel full longer.

Frosty Chia Protein Blast



Ingredients:

- 1 scoop Chia seeds
- 2 scoops Designer Whey Vanilla protein powder
- 6 oz frozen OJ concentrate or 2 cups frozen berries
- 1 cup plain, fat-free Greek style yogurt
- 1 tsp pure vanilla extract
- 2 cups unsweetened vanilla almond milk
- 16 ice cubes

Add almond milk, frozen berries, yogurt, protein powder, chia seeds and ice to a blender. Blend until smooth.

Makes 4 servings (Can freeze leftovers and take out for other days)

1 ¼ cup

Per serving:

133 calories

3.5 g fat

10g carbs

10g protein

3g fiber

Lori Graff, RD LD

Grand Avenue Hy-Vee Dietitian

making lives easier, healthier and happier

Message from Swimming:

Swim class for Infants, Pre-School Children, and Parents

This class is designed for kids aged 6 months to 4 years old to help them become comfortable and have fun in the water. An older, responsible person (aged 15 or older) must be in the water with the child at all times. Instruction is individualized and emphasizes how the parent can teach their child the basics of adjusting to the water and pre-swimming skills. Taught by Erin Hefner, Water Safety Instructor.

Class size: minimum 5; maximum 10

Cost: \$20 per family, per session

Dates: Session 1 - June 14-24, 6:30-7:00pm (Sign up by June 10)

Session 2 - June 21-24, 6:30-7:00pm (sign up by June 17)



Message from the Kid's Gym:

Hello from the 7 Flags Kid's Gym! I know that all of you are looking forward to a great summer! So am I. I'm looking forward to seeing all of the school children. Take advantage of a summer membership and enjoy the outdoor pool while the kids enjoy the Kid's Gym. It's the perfect summer setup. Can't wait to see you there.

Kid's Gym Manager

Maggie

Message from Massage:

Chair Massage Mondays: Moved to **Tuesday, June 8** for this month! 9-11am and 6-8pm. 10 minutes just \$10! Don't forget to bring \$10 and save a few minutes for a cool-down after your workout! Stretching also available.

Event Specials: 10% off one hour or longer for ALL massages if you are registered for Dam to Dam, Clive Running Fest, Hy-Vee Triathlon, or Des Moines Marathon. **Erin will be giving FREE post-race massages at the Hy-Vee Triathlon and the Des Moines Marathon. Look for the yellow tent.**

Schedule a Spa Day: After a weekend of gardening, yard work, or sporting events, schedule a "spa day" to relax your mind and muscles. Not into sport massage or deep tissue? Try reflexology or aromatherapy. Erin combines her techniques to suit your preferences.

Don't forget **gift certificates** for graduation, weddings, showers! Available at Front Desk!

How to get a deal on a massage:

1. Get \$10 off your first massage with Erin.
2. Tell Erin if you are registered for one of "her" races.
3. Refer a friend and get 20% off!
4. Join the Rub Club – after 10 massages you get one FREE!

Contact Erin at 491-8721 or PersonalBestMassage@q.com to schedule your massage.

Message from Go Red For Women of Greater Des Moines:

Go Red For Women of Greater Des Moines wants to give you a makeover!

The scoop:

For the fourth consecutive year, the American Heart Association of Greater Des Moines is looking for local women to participate in an interactive, city-wide, heart health



makeover challenge. We want women who have a desire to improve their lifestyles in order to live a more heart-healthy life. This year we are accepting individual **and** Mom/Daughter pair applications for this life-changing experience! The finalists will participate in the **Des Moines Go Red Makeover Challenge** and we will award the winner at **Des Moines Go Red For Women Luncheon** on Friday, September 24, 2010.

Details:

The women selected as challengers will experience a 10-week heart health makeover to learn how to take care of their heart and their bodies. Each woman will have an initial consultation and check-up with an MD/MLP associated with Iowa Health Des Moines, oversight by a registered dietician, a free 10-week membership to 7Flags, and a fitness evaluation with a personal trainer. They will work with various community partners for unique experiences (ever been rock climbing?!) and follow the American Heart Association's BetterU online makeover course designed to help today's busy woman embrace heart health.

Also, here's an opportunity to be a leader in the community. Encourage Central Iowa women to follow your lead and give their own hearts a makeover with the free, online BetterU program.

When:

Challenger applications are due Monday, June 8, and finalists will be notified by July 2. The challenge will kick-off after the July 4th holiday and come to a close mid-September. The winner of this challenge will be announced at the **Des Moines Go Red for Women Luncheon** on Friday, September 24, 2010.

Why:

Heart Disease is the No. 1 killer of women, but it is largely preventable if you know how to make the right lifestyle choices. About 1 in every 3 women dies of heart disease, stroke, and other cardiovascular diseases. As much as 80 percent of heart disease is preventable, yet 90 percent of women have one or more risk factor. Despite these staggering facts, only one in five women considers heart disease her greatest health threat. We have set out to change this perception and the statistics. The **Go Red Makeover Challenge** will not only encourage women to live a healthier lifestyle, it will raise awareness about the importance of heart health and how we can save our own lives as well as the lives of the women we love.

How:

Visit

<https://ahadesmoines.ejoinme.org/MyEvents/20102011DesMoinesIAGoRedLuncheon/YourEvent/tabid/199472/Default.aspx> to access the applications. If you have questions or would like us to e-mail the application to you, call 515-246-4580 or e-mail Jennifer.Hopes@heart.org. It's that easy, but hurry, the deadline is Monday, June 8!



Go Red for Women celebrates the energy, passion and power we have as women to band together to wipe out heart disease and stroke. It's time for a BetterU!

Jayme George Sandberg

Communications Director

American Heart Association, Midwest Affiliate

Tel: (402) 346-0771 ext. 30

Email: jayme.sandberg@heart.org

twitter

[@AHAlowa](https://twitter.com/AHAlowa)

facebook

<http://www.facebook.com/home.php?#!/pages/American-Heart-Association-Central-Iowa/296251161817?ref=ts>