

Golden Opportunities

SEPTEMBER 2021

I hate to say it folks, but September is here. All things 'pumpkin' are starting to rear their ugly heads and that means summer is about to come to an end. You've made great memories on vacation, but now it's time to settle back into a routine, and maybe send the little's back to school. For others (like me), September means one thing: F.O.O.T.B.A.L.L!!! Saturdays and Sunday's (yes- that is spelled correctly) mean jumping around like a lunatic screaming at the TV cheering on your favorite team. We would love to see pictures of you and your kiddos with all the fan gear (tailgates included) for the next edition of the newsletter.

As I sit here and type this, today is the initial weigh in day for the Biggest Loser!! We are so proud of all of you for taking a leap of fitness and sharing your vulnerabilities. It is not easy to send videos of oneself- especially while on a scale! You all are already winners in my book. So. Stinking. Proud. Of. YOU!! Remember- these are not quick fixes, but lifestyle changes. Even mini changes (trading a bottle of water for a soda or parking as far out in the parking lot at Walmart so you can get those extra steps in) will reap HUGE rewards in the long run. Please, reach out if you need anything, or post your questions in the Biggest Loser GroupMe.

Not everyday will be easy, but fighting through those struggles will make you stronger, I promise!

There will be days you feel like giving up- that's when you call Ken, Stacy or me. Fight the good fight, keep pushing, and embrace the suck; YOU are worth it.

- Cindy Frantz
Community Relations/
Recruitment Manager



**DID YOU
KNOW?**



Have you heard of the diet called

FLETCHERISM ??

This 'diet' promotes chewing your food 32 times or until it turns to liquid.

(Imagine trying to do that math in your head everytime you put something in your mouth!?)

A fat cell lives about **7 YEARS!**
When it dies, a new one grows to replace it.




People with disorganized workspaces are more likely to choose unhealthy snacks. (Hmmm.... I'm picturing some of your offices... mine included.)

Sleep deprivation and stress can make it harder to lose weight.



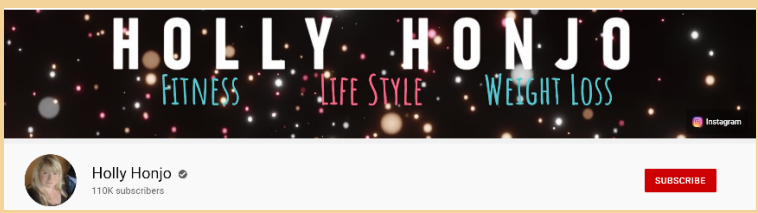
Each can of diet soda increases a person's risk of obesity by **41%**

Approximately 50% of American adults are dieting at any given moment.



YouTube is a fantastic (and free) way to do a variety of workouts. If you don't like something, you can type in something else in the search bar. Here are a few of my favorites! Please feel free to share your personal favorites on the GroupMe or by email so we can include them in the next issue of the newsletter!

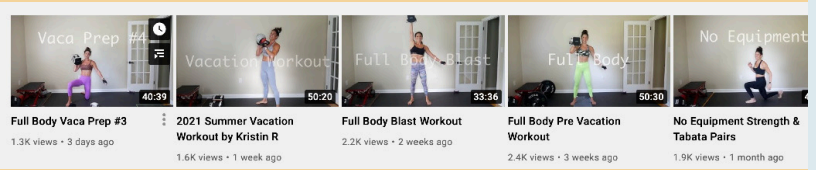
Beginner: Holly Honjo. She is very candid about her journey. She has styling tips, recipes, and binge eating solutions. She even has a workout titled, “Obese Beginnings” which is what drew my attention to her. Lots of great stuff!!



Intermediate: Fitness Blender. Started by a married couple, Daniel and Kelli. They are an “honest, Gimmick free fitness resource” with tailored workouts for basic movement, all the way to more advanced skills. Check them out!



Advanced: Fit Body by Julia. She is frigg'in tough, but does major modifications. She will straight up send you humble pie for you meat heads out there. Step out of your comfort zone and give Julia a try. You won't be sorry (or maybe you will).





Don't forget all of the resources that are available for you to keep you on this healthy journey!

There are so many free apps and programs that you can utilize whether it be YouTube, FitOn, or My Fitness Pal. Beachbody is another great program that will keep you on a workout regimen - filled with different types of workouts that fit your needs and daily nutrition plans (this one cost \$\$).

Whatever works for you - just keep it going!!



Buffalo Chicken Zucchini Boats

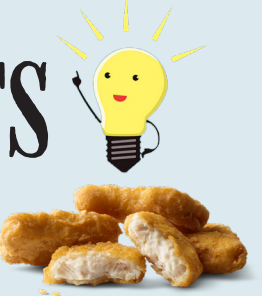
Equipment:
Air Fryer or Oven

Ingredients:
2 medium zucchini
2 cups chicken, cooked & shredded
3 ounces cream cheese
1/4 cup ranch dressing
1/2 cup shredded cheddar cheese
1/8 cup buffalo sauce
1/2 cup shredded mozzarella cheese


Directions:
Slice the zucchini length wise and use a small spoon to remove the inside of zucchini and form a 'boat'
Preheat the air fryer to 390 degrees F or oven to 350 degrees F
Place the hollowed zucchini in air fryer for 3-5 minutes until it begins to blister. (skip this step if using oven)
In a bowl, combine the cooked chicken, cream cheese, ranch dressing, shredded cheddar and buffalo sauce
Remove precooked zucchini from the air fryer, fill with the buffalo chicken mixture
Top with shredded mozzarella cheese
Place the zucchini boats back in the air fryer and cook until golden brown - about 4-5 minutes. Bake for 20-24 minutes if using the oven.






McNUGGETS OF WISDOM



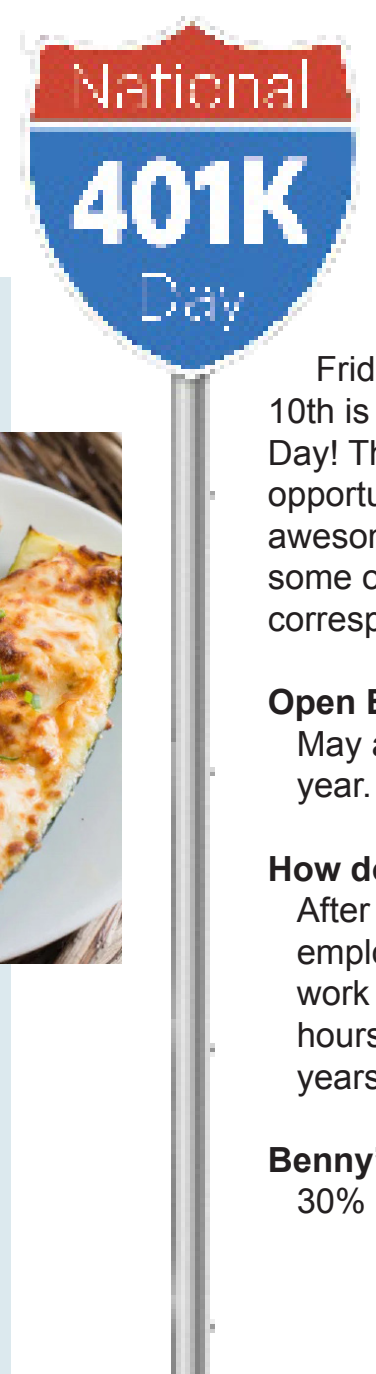
We asked our seasoned employee, and lover of football Dave Mizek to answer some questions about his favorite College and NFL teams.



What are your favorite College and NFL teams?
Well, you know my favorite College team    ! I've been a Gator fan for 25 years from going to Florida and hanging out at the Gator bar. My favorite pro teams are the Miami Dolphins and the Cincinnati Bengals.

Why are they your favorite teams?
The Dolphins and Bengals are my hometown teams. Nothing beats watching them at Paul Brown Stadium or Hard Rock Stadium.

Where is your favorite place to watch games?
If I can't watch at either of the stadiums, then I like to watch at Tudy's (bar in Fairborn).




Friday, September 10th is National 401K Day! This gives us an opportunity to discuss this awesome benefit and some of the dates that correspond to it.

Open Enrollment:
May and November every year.

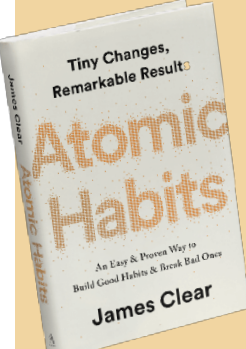
How do you qualify?:
After one year of employment, you must work more than 1000 hours and be over 21 years old

Benny's Contribution:
30% of the first 5%



Personal Development

I have a confession to make... I used to be a pack a day smoker. Yes me, the health nut. For 27 years of my life, I enjoyed every puff on those Marlboro Lights. I loved smoking. I was a ‘healthy’ size 4. I say healthy because I found fitness while I was smoking. I thought if I did cardio, or lifted weights, that that would offset the cigarettes. Funny how we make excuses isn't it?!?! Why am I telling you this? Because there are a lot of “Cindy's” out there. Maybe your bad habit is not smoking... maybe it's something else. Whatever it is, what is the “come to Jesus moment” that you need to have with yourself to break through the barrier of bad habits? I read this fantastic book called Atomic Habits by James Clear. You owe it to yourself to read or listen (on Audible) to it.



DATES TO REMEMBER



Sept 3rd - Lazy Mom's Day!

At some point during the day,
kick your feet up and enjoy a cup of coffee
- or cocktail (off the clock of course!)

Sept 7th - Blood Drive @ Piqua Mall

12pm - 6pm. Go to
www.donortime.com to sign up!

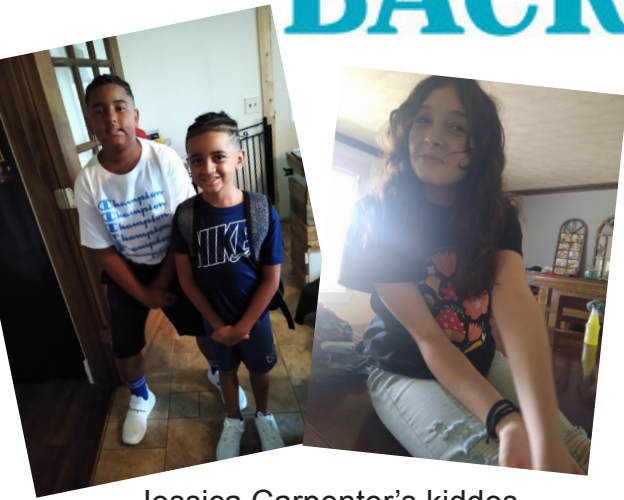
Oct 6th - SFM Wellness Day!

Piqua Mall parking lot - 11am - 6pm

Lots of great vendors such as:

- Health Partners Free Clinic
- OSU Extension
- Tri-County Mental Health
- Miami Valley Dental Clinic
- Anytime Fitness
- BrightView
- Miami Co. Health Dept.
- Dayton Children's
- Pink Ribbon Girls

BACK TO SCHOOL



Jessica Carpenter's kiddos



Nikki
Taylor's
son, Bryson



Beth Garber's son, Jayden



Lindsay
Mikesell's
son, Logan



Ayla Wroten's pack

