



Yes, Lighten Up Iowa is coming!! They have shortened it to a 100 day challenge (Jan. 16-April 24) but it's still a great way to encourage yourself to stay active during the winter months. Consider forming a team a (2-10 people) and registering. The cost is \$15 per person but Hy-Vee will offer a \$5 discount code during early January. The ISU Benefits office has offered some prizes for teams that are the most active at ISU. We will be offering some special activities on campus for participants as well. Be sure to register under "Ames" and include ISU or Iowa State in your team name so we can track our teams! Read more here <http://www.lightenupiowa.org/asp/programs.aspx>

Heart Reach mobile van is returning to campus **Tuesday January 29, 2008** from 7:10 AM to 1:30 PM offering heart risk assessments, vascular screens, blood pressure tests, cholesterol and blood sugar tests, body composition tests and EKG analysis. Once again they will be parked out in Lot 12, west of the Communications Building (off Pammel Drive). To schedule an appointment, call **1-866-935-5432** or for more information go to www.iowahealth.org/heartreach. They are offering a discounted price on their complete screening for Lighten Up Iowa participants (see attached flyer).

Be sure to check out the above newsletter done by students in HS 380 focused on depression and seasonal affective disorder. It also includes a yummy sounding recipe for "Vegetable Lover's Chicken Soup"--perfect for this cooler weather and a great way to squeeze in more veggies!

Looking for some healthy holiday recipes? Check out this site
http://www.eatingwell.com/recipes/collections/holiday_collection_1.html

Have you tried the Starbuck's Eggnog latte? Be aware that the Grande version made with whole milk and whipped cream not only will set you back over \$4 but it contains 510 calories and 29 grams of fat! A healthier selection would be the tall version of this drink with nonfat milk and no whipped cream (270 calories and 8 gm of fat). I've found a healthier way to make my own and save money! I add AE light eggnog (1/4 cup) to my black coffee and it costs me pennies and is only 80 calories and 1 gm of fat. (If you love the whip cream then add 2 Tbsp. of Light Reddi Whip aerosol for only 15 calories and 1 gm of fat). Try it—you'll like it and it will put you in the holiday spirit! Prairie Farms dairy also has chocolate mint, pumpkin spice and chocolate cherry milk out and these would make tasty coffee drinks as well.
<http://prairiefarms.com/products.php?p=22&i=1436>

Enjoy your holidays—stay active and practice moderation! Here's to a happy and healthy 2008!

Sally

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