



Winter State 2018 CIP

**T**ake charge **E**xercise **A**wareness **T**ime



Donna Barrett  
Women's Wellness  
1027 7<sup>th</sup> St S  
St James MN 56081  
(H) 507-375-7190  
(C) 507-621-1598  
[ww@mnwt.org](mailto:ww@mnwt.org)  
[www.mnwt.org](http://www.mnwt.org)

Happy New Year!!!!

Are you ready for the Third Trimester?

I hope you all enjoyed your holidays. Now that we're in to 2018 let's look at what you set your goals for this year and the rest of the Women of Today year.

Have you had a yearly physical exam?

Have you set your fitness goal? run, walk, exercise of any, (ex. walk 30min 3x a week).

Nutrition: try replacing one not so healthy snack a day with a healthy one (fruit, Veggie, nuts ect..).

Thank you for all the programing report I received.

Thank you to the chapters who submitted a nominee for Outstanding Lois M Christensen Women Who Impact award.

Donna

**Presidential SUCCESS Bonus  
Points for 3<sup>rd</sup> Trimester**

- a. Purchases of at least \$100 for State Ways & Means in any combination of state store, online clothing and apparel purchases and 3<sup>rd</sup> trimester promotional (50 pts.)  
and /or
- b. Submit a nomination for a Community Connections Year-End Award (50 pts.)  
and /or
- c. Show chapter growth for 3<sup>rd</sup> trimester (50 pts.)  
and /or
- d. Hold an M-event and sign 3 members 3<sup>rd</sup> trimester (100 pts.)

Maximum of 100 Bonus Points

**Inside this Issue**

T.E.A time challenge

American Liver Foundation

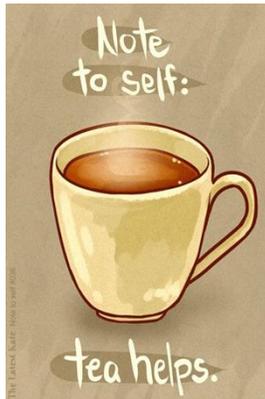
Mach of dimes

Healthy recipe

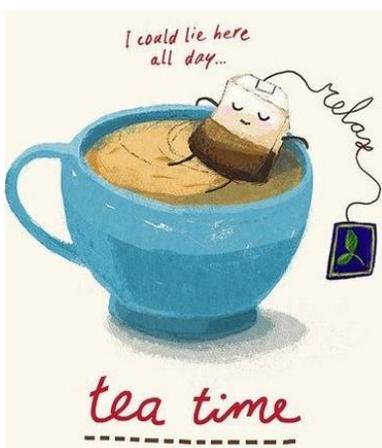
Have you formed a team for March for Babies? Check the website for more info



find a march near you  
<https://www.marchforbabies.org>



I'm still taking donations for the  
**American Liver Foundation**  
Find out more a about liver disease  
<https://www.liverfoundation.org>



## Third Tri Challenge

Let me know the results of the T.E.A. time program. Send to me by May 15, to get your name in a drawing



Here is a healthy recipe

### Tropical Pork Tenderloin Salad

Servings: 1

#### Ingredients

to taste pepper - black (ground)  
to taste salt  
1/4 tsp(s) cumin  
1/4 tsp(s) chili powder  
1/4 tsp(s) cinnamon  
1 1/2 whole pork loin chop(s) (1 chop is 3 oz)  
1 tsp(s) oil - olive  
2 tbsp(s) sugar - brown  
1 whole garlic clove(s)  
1/2 tsp(s) sauce - Tabasco  
1/2 whole orange(s) - medium  
3 oz spinach leaves - fresh  
1/4 whole pepper(s) - bell (red - medium)  
2 tbsp(s) raisins - golden  
1/8 whole avocado(s) - medium  
2 tbsp(s) salad dressing - balsamic vinaigrette  
1/4 whole tomato(es) - medium



#### Directions:

Directions:

1. Preheat oven to 350°F. Combine salt, pepper, cumin, chili powder, and cinnamon. Coat pork with spice rub.
2. Heat olive oil in an ovenproof skillet over medium-high heat until oil begins to smoke. Brown pork on each side for about 2 minutes.
3. Chop garlic and combine with brown sugar and Tabasco. Pat on top of pork Roast in middle of oven for about 20 minutes or until cooked through. Remove pork from oven and let stand in skillet for about 10 minutes. Slice pork.
4. Slice orange, slice red pepper into thin strips, and dice tomato.
5. Top spinach with sliced pork, pepper strips, orange slices, diced avocado, raisins and balsamic vinaigrette salad dressing. Enjoy!

T.E.A time program

1. \_\_\_ Change your eating habits: there are a number of healthy eating programs out there. Pick one that works for you. But don't go on a "diet" instead do a "life style" change. One of them I like is sparkpeople.com it's free.
2. \_\_\_ Drink your water: each day 8 - 8oz servings
3. \_\_\_ Choose an exercise program: I encourage 90 min of cardio exercise (walk /workout) a week
4. \_\_\_ Walk/run the State of MN by April 30, 2018 miles around MN for about 1,534 who will be the closest to reaching this.
5. \_\_\_ In conjunction with the LL SPM I will promote USWT Health and Wellness Certification, can be found on the MNWT website

-----  
Send me your goals in the beginning of your journey, then each trimester, let me know how you are doing and get your name in a drawing. You can send it via mail or Email. Work as a team and/or individuals

Name \_\_\_\_\_ Chapter \_\_\_\_\_ District \_\_\_\_\_

Your goals Wt. \_\_\_\_\_ Exercise \_\_\_\_\_

Beginning Wt. \_\_\_\_\_ Measurements bust \_\_\_\_\_ waist \_\_\_\_\_ thighs \_\_\_\_\_

hip \_\_\_\_\_ upper arm \_\_\_\_\_ BMI \_\_\_\_\_ (there a web site to calculate this)

Weekly Exercise: cardio min. \_\_\_\_\_ walk/run miles \_\_\_\_\_

Ending Wt. \_\_\_\_\_ Measurements bust \_\_\_\_\_ waist \_\_\_\_\_ thighs \_\_\_\_\_

hip \_\_\_\_\_ upper arm \_\_\_\_\_ BMI \_\_\_\_\_.

**Finish strong!!**



**Take time to relax, color**

**Color on the next page and send it to me by May 15<sup>th</sup> and get you name in a drawing.**

