

HOPE HOTLINE

Issue 14 / February 2010

Your #1 Source for Fitness, Fun, News & More

Featured by OMRDD & Newsday!
HOPEFitness is the FIRST fitness center of its' kind! Created and dedicated to Individuals with ALL types of Disabilities and OPEN TO THE PUBLIC

Made available to you by HOPEFitness

Natural Vs. Fake

THIS ISSUE

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ANNOUNCEMENTS OF THE MONTH

Birthdays

Lori from Skills
February 21st
Karen & Terez from Catholic Charities
February 17th
Allison from Cornwell St.
February 1st
Koszarek from L.I.H.I.A.
February 22nd
Carlos from L.I.H.I.A.
February 2nd.

Belated Birthdays

Glenn from E. Meadow
January 11th
Gary from Uniondale
January 23rd
Jackie from Lifespire
January 22nd



**DANDANS'
WORDS
OF WISDOM**

Fantastic

Muster up the Best from within yourself. Don't be resigned to being stowed on a shelf. In your heart and your mind is your greatest wealth.

When using a bar of soap in the shower, one is usually trustworthy of the fact that it is cleaning the bacteria and dirt from off our skins. However, sometimes it is wise to look a little closer at the ingredients being used in your so called "soap" that you use once or twice a day.

When going to the grocery store and taking a stroll down the shampoo aisle, what soaps attract you? Sometimes it may be the pretty writing on the boxes. Other times, it may be the sweet aroma coming from the packaging. However, as you look at the nice colors or beautiful writing, it may be smart to take one step closer and actually read the ingredients on the back of the soap you are looking at. When I took a look at the "soaps" I had in my bathroom, I took a closer look at the label and realized that one said "beauty bar" and the other said "antibacterial deodorant soap." Now, what is really the difference between the two? The answer: one actually says soap

on the package.

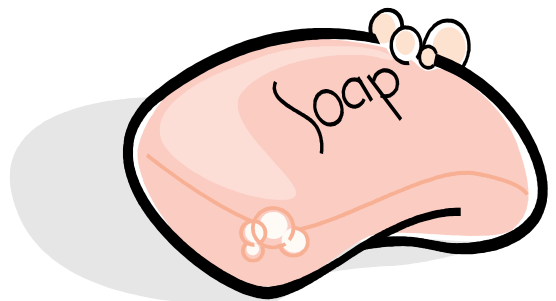
The Fair Packaging Act of 1967 actually made it so that manufacturers had to specifically list the ingredients on the label so that the consumers would know exactly what was in the things they were buying. With that being said, if the label doesn't say soap, chances are it's probably not.

That brings me to my next point; natural soap verses the not so natural. When looking for soap or any product, we usually don't go right for the most natural ingredients. However, these are the products that use the least chemicals and are usually better for us. Natural soap is made from things from nature, such as olive oil or coconut. This soap doesn't include man-made chemicals that could harm your skin rather than

help it.

It's good to be informed on things like this and always try to take care of your body. Take a closer look when buying your soap and make sure that the ingredients are going to help clean your skin better, instead of possibly not helping at all.

Look out for your skin and next time you're about to take a shower after a good workout from HopeFitness, it's smart to grab the real soap!



Social Media Tools for Consumers & Partners

February is American Heart Month. Wear red the first Friday of February each year to help raise awareness about heart disease. Make health your best accessory! Heart disease is the number one killer of women.

A woman's risk for heart disease rises between the ages of 40 and 60, but heart disease can begin early, even in the teen years. No matter how old you are, you can take steps to lower your risk!

Get physical activity.

Be active for at least 2 and a half hours a week. Include activities that raise your breathing and heart rates and that strengthen your **muscles**. Remember, you don't have to

HOPE OTLINE

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Look for our next issue
March 1, 2010

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LOW FAT RECIPE OF THE MONTH

Low Fat Chocolate Truffles Ingredients:

- 1/3 cup semi-sweet chocolate chips
- 4 ounces light cream cheese, softened
- 1/3 cup cocoa powder
- 1 1/2 cups confectioner's sugar

Preparation:

Melt chocolate chips in a microwaveable glass bowl for 1 minute until just melted. Stir with a spatula until smooth.

Using an electric mixer, beat cream cheese until smooth. Add melted chocolate and mix until smooth and creamy. Add cocoa powder and mix until blended. The mixture will be crumbly at first but will come together as a dough. Gradually add sugar and beat until the dough is soft and creamy.

Roll dough into 1-inch balls (this is messy!). Dip and roll balls into shallow bowls of either sifted confectioner's sugar or sifted cocoa powder. Place truffles on a baking sheet lined with wax paper. Chill for at least an hour.

Makes 20 truffles

Per Serving: Calories 77, Calories from fat 23, Total Fat 2.5g (sat 2g), Cholesterol 5mg, Sodium 23mg, Carbohydrate 12.4g, Fiber 0.8, Protein 1g

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Offers a FREE Initial Workout Session!!!
Call Today to Schedule a FREE Workout Session For Your Clients

1 (877) 396-HOPE (4673)

For directions please visit our website at
www.HOPEFitness.com

HOPEFitness...providing personal & group fitness training

Let's Welcome Our Newest
Nassau Volunteer.
WELCOME
NICK Z!!!

We wish Michelle, Janet & Carol
from Sand Hill a
speedy recovery

Social Media Tools for Consumers & Partners

Cont. from FC:

get physical activity all at once. Spread activity throughout the week or into smaller chunks of time during the day.

Eat healthy.

Eat a variety of fruits and vegetables every day. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol content. Choose healthy snacks such as trail mix, an apple, or low-fat cheese. Check out [Fruits and Veggies Matter](#) for healthy recipes!

Be smoke-free.

Avoid smoking and secondhand smoke (inhaling other people's smoke causes health problems similar to those of smokers). Quitting smoking has immediate

and long-term benefits. Within 20 minutes after smoking that last cigarette, your body begins a series of positive changes that continues for years. If you think you're ready to quit, call 1-800-QUIT-NOW and visit http://www.cdc.gov/tobacco/quit_smoking/.

Send a heart health-e-card.

OR

Put up a heart health poster where you work and play.



More Information

- [Women and Heart Disease Prevention](#)
- [Women's Health Heart Health E-Cards](#)
- [All Heart Health E-Cards](#)
- [Heart Disease Prevention: What You Can Do](#)
- [Ask CDC: Women – Be Smart About Your Heart](#) (🔊 2:08 mins)
- [Tips for a Healthy Life](#)
- [The Heart Truth Campaign](#), National Institutes of Health
- [Go Red for Women](#), American Heart Asso-

KYLIES' KORNER

Sports: Reporting it My Way

By: Robert (Bobby) Kagen

Welcome to Super Bowl Sunday. The greatest game being played on the Biggest stage in front of the biggest audience worldwide. Everybody watches the Super Bowl around the world. People have Super Bowl parties, people get together before the game to play football, people place fun wagers on the game to make it interesting. Does it live up to the hype....? It usually does!

The Super Bowl is the most coveted trophy in all of sports. Football players risk their well-being to make it and win the "Vince Lombardi Trophy". This year is no different, as we have the New Or-

leans Saints vs. the Indianapolis Colts. Both teams won their respected divisions, clinched a first seed, and won the two games they had to, in order to make it to the big game this year in Miami. If you look in your January newsletter edition, you will see that I chose these two teams as well (GO ME!).

This is going to be an exciting game with a lot of scoring, very high scoring. If you follow football you know that Peyton Manning is the best quarterback we will probably see in our lives. He is very precise and intelligent and makes his team a contender every year. The Saints from New Orleans have

UPCOMING EVENTS

Fine Arts and Crafts
Valentine's Day Festival
Saturday, February 13 at 10:00 AM-
5:00 PMC.W. Post/Long Island
University Tilles
Center Atrium
Northern Boulevard Brookville
Phone: 516-221-6593

never been in a super bowl and are trying to do something that they as a city and team have never done. They are a very easy team to root for. Whoever wins, I'm sure it will be a fantastic game with a lot of lead changes and drama—BK's prediction -Indianapolis 38 - New Orleans 31.....Super Bowl XLVI Champs - THE COLTS!!!
Enjoy the Game Everybody!