



Raking Leaves

Think raking leaves is a miserable chore? Think again! Not only will your yard be clean, but you will have burned nearly 300 calories in an hour (make sure to rake with purpose and engage your core!)

Jump around in that pile of leaves when you're done and you can burn an extra 50 calories!

P.S, get excited for winter, because shoveling snow can burn up to 400 calories an hour!



Indoor Cycling

Indoor cycling which is commonly referred to as **spinning is one of the most popular group exercise classes in the United States**. These classes are on average between 45 minutes and 1 hour and involve riding on a stationary bike while an instructor takes you through hills, plains and sprints. Its appeal is probably due partly to the fact that in a 1 hour workout you can **burn more than 600 calories**. Its also a low impact workout and you have the ability to control your workload so its suitable for all ages and fitness levels.

When you first begin a spinning program start slowly, you are using muscles in a way they haven't been used before and strain is possible. Try to keep it at 1 to 2 classes a week while your body adjusts. Don't expect to keep up with everyone in the class your first time. There might be people who have been doing this for years and trying to race them can lead to injury.

Padded bike shorts are also helpful to get you through those first classes until you get used to the bike. Bike seats are typically not comfortable and the seats on a spinning bike are no exception.

All in all it is a great workout for someone who doesn't have much time on their hands. In 60 minutes or less you can leave having gotten a great workout. Make sure you drink plenty of water before, during, and after since sweat is part of spinning! Most gyms and recreation programs have classes available.

Sweet Potato Burritos

This recipe makes A LOT of burritos! They are really good the next day and freeze great, but feel free to halve the recipe!

Ingredients:

- 1 Tablespoon vegetable oil
- 1 onion, chopped
- 4 gloves garlic mixed
- 6 cups black beans, drained and rinsed
- 1 cup water
- 3 Tablespoons chili powder
- 2 teaspoons ground cumin
- 4 teaspoons prepared mustard
- 1 pinch cayenne pepper
- 3 Tablespoons soy sauce
- 4 cups cooked mashed sweet potatoes
- 12 (10 inch) whole wheat high fiber tortillas (like Tortilla Factory)
- 6 ounces shredded cheddar cheese

Directions:

Preheat oven to 350 degrees F.

Heat oil in a medium skillet, and sauté onion and garlic until soft. Stir in beans, and mash (optional). Gradually stir in water and heat until warm.

Remove from heat, and stir in the chili powder, cumin, mustard, cayenne pepper and soy sauce. Divide bean mixture and mashed sweet potatoes evenly between the warm flour tortillas. Top with cheese. Fold up tortillas burrito style, and place on a baking sheet.

Bake for 12 minutes in the preheated oven, and serve.

Ways to Avoid the Halloween Candy Chow Down!

The obvious and most simple way to avoid eating too much Halloween candy this time of year is to simply **not have it around**, but since this is not possible for everyone here are some helpful tips to keep you from going on a sugar frenzy!

Freeze any Halloween candy in the house, that way you can't just grab one of those calorie packed "fun size" bars in a moment of weakness. It will be frozen solid and by the time it defrosted your sugar craving is likely to have passed!

Buy a **healthy alternative** to candy for the trick or treaters that come to your house, like small boxes of rasins, dried fruit, or real fruit juice fruit snacks. This way you don't have a bunch of tempting candy treats lying around at the end of the night.

Don't buy one of those super sized bags of candy. Be honest with yourself about how many trick or treaters you will most likely get and leave the candy bowl out of sight! Don't have it sitting on the table in front of you while you wait for the doorbell to ring.

If you have little trick or treaters yourself that come home at the end of the night with mounds of treats make sure you have a **healthier treat on hand** so you can have something to enjoy as well. Try the 100 calorie candy bars from hershey or the Whitimen sugar free candies. These are portion contolled and taste as good as the real thing!

If you slip up and indulge a little too much don't feel guilty. There is nothing wrong with having treats in moderation. Just get back to your normal healthy habits tomorrow!



Pumpkin Bread

Makes 8 Servings

Ingredients:

- One 15-oz. can pure pumpkin
- 1 1/4 cups whole-wheat flour
- 1/4 cup all-purpose flour
- 1/4 cup apple sauce
- 1/2 cup Granulated sugar
- 1/4 cup brown sugar (not packed)
- 1/4 cup Craisins chopped
- 2 1/4 tsp. baking powder
- 1 1/2 tsp. cinnamon
- 1 tsp. vanilla extract
- 1/2 tsp. salt
- 1/3 tsp. pumpkin pie spice

Directions:

Preheat oven to 350 degrees.

In a large bowl, combine both types of flour, sugar, brown sugar, baking powder, cinnamon, salt, and pumpkin pie spice (in other words, all dry ingredients except for the Craisins or raisins).

In a medium bowl, mix together pumpkin, egg substitute, and vanilla extract (all the wet ingredients). Add this mixture to the bowl with the dry ingredients, and stir until just blended.

Slowly sprinkle chopped Craisins or raisins into the batter, making sure they don't all stick together, and mix to distribute them.

Spoon batter into a large loaf pan (about 9" X 5") sprayed with nonstick spray. Bake for about 50 minutes, until the top of the loaf is firm to the touch. (Bread may be moist inside. This doesn't mean it's undercooked.) Allow to cool, and then cut into 8 slices. Enjoy!

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