

12th Annual Walk 100 Miles in a 100 Days



Week #6 Newsletter

Fitness for the iTechnology Generation

Do you or your child enjoy playing video games? Are you self-conscious about working out in a gym or in public? Do you want feedback on technique without paying top dollar for a personal trainer? Then check out our list of the Top 10 Fitness Video Games for a fun innovative way to stay fit in the comfort of your own home:

- **Wii Fit Plus (Wii)** The top-selling Nintendo workout game. Like its predecessor, the game uses a scale-like controller to calculate your weight and body mass index. Players can customize their routines to focus on working out specific parts of their bodies. Wii Fit includes more than 40 types of training activities designed to appeal to anyone from casual gamers to hardcore fitness buffs.
- **Your Shape: Fitness Evolved (Kinect for Xbox 360)** This game talks and walks you through precise movements to improve your cardio and work out your muscles. Using Kinect (sold separately or in a bundle with XBOX), the game measures your body size and structure. You then use a hand-motion menu to enter your age, weight and exercise habits so the game won't overexert you. Within minutes you'll be following along with the Tai chi and yoga moves of an on-screen instructor, who leads you through the movements.
- **EA Sports Active 2 (Kinect for Xbox 360, PlayStation 3, Wii)** This is not your typical video game exercise routine. Equipped with three sensors that connect wirelessly to your console of choice, expect to undergo an exhausting 9-week exercise program. There are numerous exercises in numerous categories. You can create custom workouts out of these exercises to suit your needs. The arm sensor also serves as a heart rate monitor, which tracks how well your heart rate recovers following exercises.
- **Dance Central (Kinect for Xbox 360)** Players mimic the on-screen character's dance moves for high scores while jumping and shaking your hips to songs from top artists like Lady Gaga, Kylie Minogue, and Pitbull. You can master the moves individually and then launch into a dance battle to string them together to the music. A circle beneath the on-screen feet glows green when you hit the moves correctly and glows red when you don't.
- **The Biggest Loser: Ultimate Workout (Kinect for Xbox 360, Wii)** Based on the hit NBC reality show, these two games feature trainers Jillian Michaels and Bob Harper, who provide interactive workouts and nutrition goals. The games feature more than 125 exercises that will help you lose weight and get in shape.
- **Kinect Sports (Kinect for Xbox 360)** A collection of six sport games (bowling, boxing, track and field, table tennis, football and volleyball) that not only serves as a great way to get in shape, but is also accessible and fun for the whole family. There's not nearly as much fun to be had here solo as there is playing with friends.
- **Active NFL Training Camp (Wii)** While previous games have been about general fitness, EA Sports Active NFL Training Camp boasts a more specific theme - football - and you choose what team you want to train you. The workouts in NFL Training Camp are similar to what you might find NFL players doing - running and sprinting in place, kicking field goals, and throwing footballs.



- **Zumba Fitness (Kinect for Xbox 360, Wii, PlayStation 3)** Zumba Fitness is a dance workout game featuring nine different dance styles, including salsa, hip-hop, and mambo. Nearly 1 million Americans have taken the popular studio classes, following the moves of 3,500 instructors, according to Zumba's official website.
- **Sports Champion (PlayStation 3)** Sports Champion is a modest but varied collection of sports games that puts the PlayStation Move motion controller to good use. With six sports options such as disc golf, beach volleyball, archery, table tennis, bocce, and gladiator duel, you'll enjoy a new and fun experience with anyone you play with! And although most are best enjoyed with friends, there's a good amount of single-player content as well.

Source: www.CBSNews.com

Weekly Quote

"Believe in yourself! Have faith in your abilities!

Without a humble but reasonable confidence in your own powers you cannot be successful or happy."

- Norman Vincent Peale

Recipe of the Week: Apple-Jack Quesadillas

Here a great recipe for a tasty salad that would make a great lunch or a side dish to go with dinner.

Ingredients:

- 4 tsp. Extra Virgin Olive Oil
- 4 Tbsp. Pepper Jelly
- 4 (10-12 inch) Whole-Wheat Flour Tortillas
- 2 C. shredded Monterey Jack or Pepper Jack Cheese
- 1 Macintosh apple, quartered, cored, and thinly sliced

Directions:

- Preheat 1 teaspoon of the Extra Virgin Olive Oil in a nonstick skillet over MEDIUM heat.
- Spread 1 tablespoon of pepper jelly on a tortilla and place it in the pan, jelly side up.
- Cover half the tortilla with about 1/2 cup cheese and 1/4 of the apple slices.
- Fold naked half of tortilla over and cook for a couple of minutes on each side until the quesadilla is brown and crispy and the cheese is melted.
- Keep in the oven while you make 3 additional quesadillas.
- Cut each quesadilla into 4 wedges and serve.



Source: "Yum-O! The Family Cookbook", by: Rachael Ray