

Mission Meltaway Weekly Newsletter

Some Fun Ideas to Help You Stay on Track

November 2, 2009

Have you been walking to get your exercise?

Winter is coming, but the cold weather doesn't mean you can't continue your walking routine!

Here are some tips to stay safe this winter:

Of course you can switch to walking on a treadmill

-a good idea is to raise the incline to 1.0. You might not even notice the difference, but it will increase the number of calories you burn!

WARM UP THIS WINTER WITH THIS PUMPKIN DRINK:

Ingredients:

7 ounces light vanilla soymilk
2 tbsp canned pure pumpkin
1/4 tsp cornstarch
1/4 tsp pumpkin spice
1/4 tsp vanilla extract
No calorie sweetener to taste



Wear sturdy shoes!

-Don't wear any smooth soled walking shoes during wet or snowy weather...you need traction on wet leaves or ice patches!



Carry lip protection, tissues, sunglasses, and sunscreen



Wear Layers!

-light weight long underwear, then a light weight turtle neck or fleece
-once the temperature drops below freezing, add a sweater
-Don't wear denim jeans, they offer no protection from the cold and wind.

Be sure to use your judgment! Make sure you have on enough layers or stay inside on a treadmill!

Directions:

-Combine all ingredients, except the sweetener, in a small pot. Stir well.
-Bring to a boil, stirring constantly.
-When the mixture begins to froth, continue to boil for 1 minute. Remove from heat and pour into a mug.
-Allow to cool slightly. Sweeten to taste and enjoy.