

CUGWELL NEWSLETTER



It's National Yoga
Awareness Month!



**GAFC YOGA
HOURS:**
Mon, Wed, Thurs
@ 6pm

**YOGA IN THE
PARK**
Town Commons
Tues
@ 6pm

40:6A

**RISE AND SHINE
FLOW AND ALIGN
POETRY IS HARD
YOGA**

UPCOMING EVENTS

Lunch & Learn Workshop Series
Blood Drive
Fitness. Performance. Life.

**INHALE
EXHALE**

THE CITY OF GREENVILLE AND GUC WELLNESS PROGRAM WILL BE HOSTING *LUNCH AND LEARN!!*

LUNCH & LEARN IS
A WORKSHOP SERIES
ON PROPER NUTRITION!



DATES & CLASSES

SEPTEMBER 11: DIETS: WHICH ONE IS RIGHT FOR YOU?

SEPTEMBER 18: HEALTHY ALTERNATIVE INGREDIENTS

SEPTEMBER 25: NUTRITION: HOW IT EFFECTS OVERALL HEALTH

OCTOBER 2: PORTION SIZE: HOW MUCH IS TOO MUCH?

Attend 3 or more workshops and you will receive a special wellness gift!



When:

12:15 PM –

1:15 PM

Where:

**Jaycee Park
Auditorium**

EAT THIS, NOT THAT — FOR BREAKFAST —

Every morning is an opportunity to start the day with great nutritional choices. If you're wondering what to grab on your way out the door, here are a few suggestions.

EAT THIS



1 CUP COOKED
STEEL-CUT OATS
SUGAR: 0 g



2 SLICES WHOLE
GRAIN TOAST
CALORIES: 138



1 CUP NONFAT,
PLAIN GREEK
YOGURT WITH
FRESH FRUIT
PROTEIN: 18 g



2 EGG WHITES
SODIUM: 211 mg



1/2 CUP OF
BERRIES
SUGAR: 5 g



1 WHOLE-GRAIN
ENGLISH MUFFIN
CALORIES: 132



1 BANANA
CALORIES: 105

WHY IT'S BETTER

STEEL-CUT OATS HAVE TWICE THE WHOLE GRAINS AND HALF THE SODIUM. PLUS, GRANOLA IS LOADED WITH SUGAR.

WHOLE-GRAIN TOAST HAS MORE DIETARY FIBER, FEWER CALORIES AND ROUGHLY HALF THE SODIUM OF A PLAIN BAGEL.

NONFAT PLAIN GREEK YOGURT HAS DOUBLE THE PROTEIN OF REGULAR YOGURT, HELPING TO WARD OFF HUNGER. SKIP FLAVORED YOGURT THAT IS FULL OF SUGAR AND ADD FRESH FRUIT FOR NATURAL SWEETNESS.

EGG WHITES PACK A LOT OF PROTEIN WHILE BEING HIGH IN HEALTHY OMEGA-3S AND VITAMIN E. BACON AND SAUSAGE ARE LOADED WITH FAT AND SODIUM.

EAT YOUR FRUIT. DON'T DRINK IT. JUICES ARE HIGH IN SUGAR AND REMOVE NEARLY ALL OF THE NATURAL FIBER - WHICH HAS DIGESTIVE BENEFITS.

NOT ALL MUFFINS ARE CREATED EQUAL. AN ENGLISH MUFFIN HAS HALF THE CALORIES, AND THE WHOLE GRAIN PROVIDES HEALTHY DIETARY FIBER.

STICK TO WHOLE FRUITS. SMOOTHIES ARE TOUTED AS HEALTHY, WHEN IN FACT EVEN SMALL SIZES OF COMMERCIALLY PREPARED SMOOTHIES CAN BE LOADED WITH BOTH SUGAR AND CALORIES.

NOT THAT

1/2 CUP
GRANOLA
SUGAR: 14 g



1 PLAIN
BAGEL
CALORIES: 270



1 CUP REGULAR
WHOLE MILK
FRUIT YOGURT
PROTEIN: 7 g



3 PIECES OF
BACON AND/
OR SAUSAGE
SODIUM: 554 mg



1 CUP
FRUIT JUICE
SUGAR: 21 g



1 BLUEBERRY
MUFFIN
CALORIES: 444



8 OZ.
SMOOTHIE
CALORIES: 198



GREAT ADDITIONS TO ANY BREAKFAST

Top your favorite breakfast foods with one or more of these nutritional powerhouses for an extra morning boost.



GROUND FLAXSEED
Sprinkle it on a cup of yogurt for an added boost of heart-healthy omega-3s and dietary fiber.



CHIA SEED
High in omega-3s, chia seeds also expand when you eat them to help you feel fuller.



WHEAT GERM
Add it to your cereal for an extra dose of vitamin E and folate.



BERRIES
A handful of berries added to plain yogurt or oatmeal can add sweetness and supply nutrients and fiber without adding refined sugar.

THE HOLIDAYS ARE
COMING...

... I REPEAT...

THE HOLIDAYS ARE
COMING!!!!

Remember to stay
conscience in what you
are eating.

Here are a few different
ways you can swap to
a more nutritious
breakfast.

Ya know, so you don't
feel all that guilty for
having that extra slice
of pie for dessert! 😊

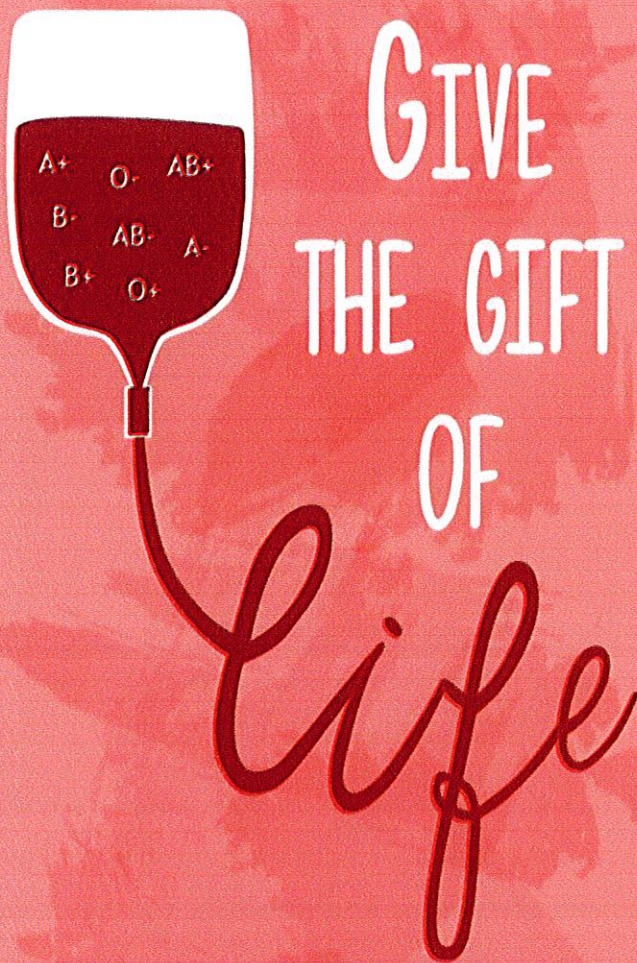
**BLOOD DRIVE @
GREENVILLE
AQUATICS & FITNESS
CENTER**

**CITY OF GREENVILLE
EMPLOYEES**

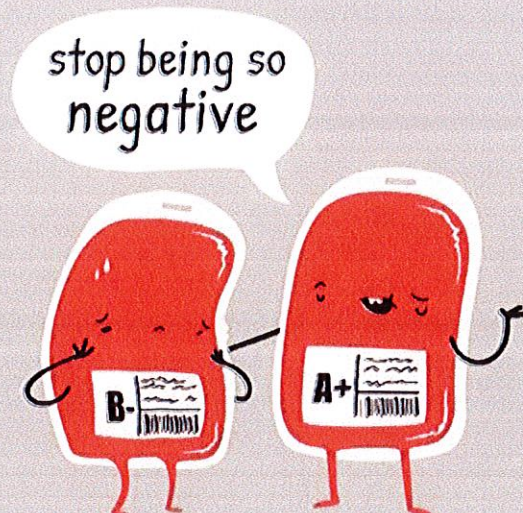
**THE NEXT BLOOD
DRIVE WILL BE ON**

**OCTOBER 9TH, 2019
10:30AM - 4PM**

**MARK YOUR
CALENDARS!**



**Donate
Blood**



FITNESS. PERFORMANCE. LIFE.

**Register with your
department wellness
champion by
SEPTEMBER 5th**

**Selection of participants
will be done by a
drawing held on
September 6th.**

**FPL starts
SEPTEMBER 16th -
November 8th**

**This FREE personal
training program is
available to full
time and
designated part
time COG & GUC
employees.**

Duration: 8 Weeks

For more information, please contact Brett Roddy

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