



Jeff's Training Tips

Boosting Your Immune System

The "cold" season is upon us once again. Is there anything we can do to protect ourselves from getting that awful cold this season? Yes! Do the normal things like frequent hand washes, eating a healthy diet and keeping stress levels to a minimum, but, more importantly, get your exercise. Recent research from the International Journal of Sports Medicine says there is nothing more powerful than moderate exercise to boost your immune system.

The study showed that by exercising moderately for 45 minutes gave the immune system a boost for up to 3 hours post exercise. During "cold" season, help keep yourself free from illness by adding some moderate exercise to your arsenal of cold fighting tricks. Ask a trainer for help in designing your moderate exercise routine to maximize your results.

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Recipes of the Month

Old Fashioned Holiday Fudge

- 4 cups sugar
- 2 (5 ounce) cans evaporated milk
- 1 cup margarine
- 1 (12 ounce) package semisweet chocolate
- 1 (7 ounce) jar marshmallow creme
- 1 cup chopped nuts (optional)
- 1 teaspoon vanilla

Line a 13x9x2 inch baking dish with enough aluminum foil to extend over the edges. Spray foil with nonstick cooking spray and set aside. Combine sugar, milk, and margarine in a saucepan and cook over medium heat until boiling. Continue cooking until a candy thermometer reads 236 degrees, about 12 minutes. Remove from heat and add chocolate, marshmallow creme, nuts and vanilla; stir until chocolate melts. Spread fudge into pan. Score into 1 inch squares with a knife while still warm but don't cut until firm. Store in refrigerator.

Makes 48 Servings (Serving Size: 2 one inch squares)

Nutrients per serving:

- Calories: 86
- Total Fat: 4 grams
- Saturated Fat: 1 gram
- Cholesterol: 1 mg
- Sodium: 27 mg
- Carbohydrates: 13 grams
- Protein: 1 gram
- Dietary Fiber: 3 gram



Holiday Spritz Cookies

- 1 1/2 cups margarine
- 3 1/2 cups all-purpose flour
- 1 cup sugar
- 1 egg
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1/2 teaspoon almond extract (optional)

Beat margarine with an electric mixer on medium speed for 30 seconds. Add 1 cup flour, the sugar, egg, baking powder, vanilla and almond extract (if desired). Beat until thoroughly combined. Beat in remaining flour. Force un-chilled dough through a cookie press onto an ungreased baking sheet. Decorate with sugar crystals, chocolate chips, nuts, etc. Bake at 375 degrees for 8-10 minutes or until edges are firm but not browned. Remove from baking sheet and cool on a wire rack.

Cookies can also be dropped by spoonfuls onto baking sheet if a cookie press isn't available.

Makes 84 cookies (Serving Size: 2 cookies)

Nutrients per serving:

- Calories: 58
- Total Fat: 3 grams
- Saturated Fat: 1 gram
- Cholesterol: 3 mg
- Sodium: 43 mg
- Carbohydrates: 6 grams
- Protein: 1 gram
- Dietary Fiber: trace

