



FFIT News Flambeau Fitness Incentive Team

Walk the Reclaimed Flambeau Mine Nature Trails!

MERRY CHRISTMAS

Nature Trails in the Winter

When the winter air is crisp and the ground is covered with snow, there's nothing like going outside and enjoying the beauty of the season.

The Reclaimed Flambeau Mine Nature Trails are a great place to go and explore all year long. With the seasons changing there is always something new to see.

Some activities to try out on the trails this winter include walking, cross county skiing and snowshoeing. Some benefits of these activities include:

Walking:

Walking is a simple way to stay active.

It improves circulation, mobility and balance, helps you lose weight and even works to prevent

osteoporosis.

Cross Country Skiing:

It's a super calorie burner. It's a great aerobic conditioner. Cross Country skiing works all the major muscle groups, especially the heart.

It's not high risk, but it can be strenuous. Cross country skiing is a relatively safe sport, though any sport can result in an injury if you overdo it, use poor technique or come to it in poor shape.

You need Snow. One of the drawbacks of making Cross country skiing your number one fitness sport is the need for lots of snow.

It's a terrific family sport. You can do it at just about any age and level of experience. That makes it a terrific outdoor activity for

the whole family.

The quiet, The beauty. Cross county skiing is a wonderful way to get into nature during the long winter months.

Snowshoeing:

Snowshoeing is a great activity. It tones your entire body while providing an excellent cardiovascular workout. It strengthens leg and heart muscles.

It's a great way to stay healthy during the winter. At moderate speeds, snowshoeing burns between 400-500 calories per hour.

With that information in mind we would like to encourage you to get outside this winter and continue to enjoy the beautiful Reclaimed Flambeau Mine Nature Trails.

FFIT Update

As of January 2007, we will no longer be sending out monthly newsletters. You will now receive quarterly newsletters to still keep you updated on the Reclaimed Flambeau Mine.

We hope you have and will continue to enjoy the Reclaimed Flambeau Mine Trails in the future.

I would like to congratulate everyone who has reached one or more of our FFIT incentive goals for the 2006 year. Remember to keep walking there are many more incentives for everyone to reach. All hours walked for 2006 will transfer into the 2007 year.

Any questions or concerns please feel free to contact us at the address or phone number listed below.

Congratulations on a great year.

Velvet Turkey and Herbs

- 1 lb turkey breast tenderloins or boneless, skinless chicken breasts, all visible fat removed.
- Vegetable Oil Spray
- 1/4 c. chopped shallots or onion
- 1/2 tsp bottled minced garlic
- 2 tbsp all-purpose flour
- 1 1/4 c evaporated skim milk
- 1 tbsp snipped fresh oregano or 1/2 tsp dried oregano, crushed
- 1 tbsp. Snipped fresh parsley
- 1 tsp. Snipped fresh basil or 1/4 tsp. dried basil crushed

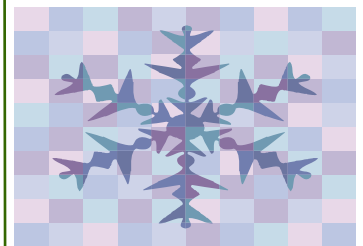
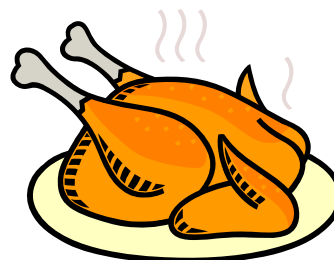
Rinse turkey or chicken and pat dry. Cut into bite size pieces.

Spray a skillet with vegetable oil. Place over medium-high heat. Add turkey or chicken, shallots or onion and garlic to hot skillet. Cook 3 to 4 minutes, or until turkey or chicken is tender and no longer pink.

Stir flour into mixture in skillet. Add remaining ingredients.

Cook and stir until thickened and bubbly, about 3 minutes. Cook 1 minute more stirring constantly.

Serves 4; 2/3 cup per serving.



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Staying Safe in Cold Weather

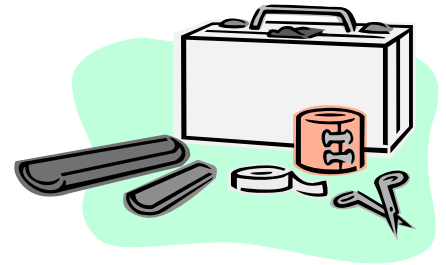
Exposure to cold can cause injury or serious illness such as frostbite or hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity, working and living conditions, and a person's age and state of health. Follow these tips to stay safe in cold weather:

- Dress appropriately before going outdoors.
- Dress in layers so you can adjust to changing conditions. Avoid overdressing or overexertion that can lead to heat illness.
- Most of your body heat is lost through your head so wear a hat, preferably one that covers your ears.

- Wear waterproof, insulated boots to help avoid hypothermia or frostbite.
- Get out of wet clothes immediately and warm the core body temperature with a blanket or warm fluids like hot cider or soup.
- Holiday traveling and winter can be a dangerous combination. Allow extra time when traveling. Monitor weather conditions carefully and adhere to travel advisories.
- Keep a winter storm survival kit in your car. This should include blankets, food, flares, chains, gloves and first aid supplies.
- Recognize the symptoms of hypothermia that can be a serious medical condition: confusion,

dizziness, exhaustion and severe shivering. Seek medical attention if you have these symptoms.

- Recognize frostbite warning signs: gray, white or yellow skin discoloration, numbness, waxy feeling skin. Seek medical attention immediately if you have these symptoms.



Winter Walking: 12 Tips

Walking may just be the simplest way to stay active—it improves circulation, mobility and balance, helps you lose weight, and even works to prevent osteoporosis. And all you have to do is put one foot in front of the other!

So, ready to get outside? Here's some advice that will help you stay safe and warm when you're walking in winter:

Ease into it. Start slowly to give your muscles a chance to warm up.

Walk at a moderate or slow pace. Winter roads and paths can be icy.

Bring Water. Don't assume you only need water in summertime. Dry winter air is dehydrating, and you do sweat away water in winter.

Stay Safe. In low-visibility and bad-road conditions, you don't want to walk where there's traffic.

Three layers of clothing are advisable.

Avoid Cotton. Try clothes made out of material that will keep moisture away from your skin, so you won't get cold.

Wear gloves, a hat and a neck gaiter.

Wear Sunglasses. If it's snowing wear goggles with a light-colored lens, protect your eyes from snow glare.

Try studded outdoor walking shoes.

Don't layer your socks. You can get blisters. Instead try thin socks designed to keep feet warm.

Recent Events

Halloween Hunt

October 28, 2006

If you were visiting the Reclaimed Flambeau Mine Nature Area on the morning of October 28, you might have seen a princess, football player, witch, ladybug and court jester, just to name a few of the characters. Costumed children were on hand for a Halloween Hunt. Like an Easter egg hunt, children had a chance to search for Halloween treats in the Reclaimed Mine Nature Area. But what they didn't know was for each age group one of the smaller, hidden prizes was marked for a special

grand prize. Mikayla Izdepski, a witch, won the 4 year and under prize which was a Vtech Write and Learn Smartboard. Shannon Isham, a princess, won a Leapfrog LeapPad for the 5 to 8 yr age group. And, Alyssa Schwaller, a witch, won a Leapfrog IQuest for the 9 to 12 yr age group. Every child wearing a costume was entered into a drawing for a gift card. Hannah Izdepski, a Packer football player, won the gift card.

Even though the morning was chilly and there were many cold toes peeking out

of princess and fairy shoes, the girls and boy had a fun time searching the prairie for prizes.



Healthy Holiday Eating

If you're following a low fat diet, the holiday season is a mixed blessing, especially coming so soon after Thanksgiving. As wonderful as it is to be among family and friends, it is hard to say no to all those tempting holiday treats that are passed around. Seemingly, you have two choices: abandon your good intentions and regret it later or abstain and be miserable.

Fortunately, there is another option: choose wisely and still enjoy yourself. Better still, if you are hosting a celebration, you can control what is on offer and adjust many of the recipes to make them lower in fat. As always, moderation and portion control rule. Too much of anything can add unwanted pounds and be unhealthy. Reducing fat is not an excuse to feast on lots of sugary treats.

How can you cut the fat and calories from your Christmas treats?

Eggnog:

- Use mostly egg whites or egg substitutes instead of whole eggs.

- Use fat-free half and half or evaporated fat-free milk instead of their whole milk counterparts.
- Substitute rum extract for the alcohol if you want the taste without the effect.

Cakes, bars and muffins:

- Use heart-healthy canola oil instead of butter or use applesauce or mashed bananas if you want to cut the fat completely. Other fruit purees will work too. If you must use shortening, there is at least a new trans fat-free version available.
- Substitute egg whites for whole eggs in cakes and quick breads.
- Use cocoa powder instead of chocolate in your baked goods to add a rich chocolate flavor without the fat, or use smaller quantities of miniature chocolate chips instead of the regular versions. Dark or semi-sweet chocolate chips add more flavor than milk chocolate ones.

Cookies:

- The key here is to cut the fat rather than eliminate it altogether. If you take the butter out completely, the end result is not very satisfying in terms of texture or taste. Many recipes that typically call for a whole stick of butter or more can be made over with about half that quantity. Avoid using whipped butter or tub margarine: the air and water content in these makes them unsuitable for baking.

Nuts:

- In moderation, these make a great holiday snack. True, nuts are high in fat and dense in calories, but most of the fat is unsaturated. They are rich in omega-3 fatty acids, which help protect the heart. Nuts are also an excellent source of B vitamins, as well as iron, zinc and potassium.



What About Other Holiday Food?

Appetizers:

- Substitute low fat or fat free versions of mayonnaise, yogurt and sour cream to make dips.
- Serve plenty of raw vegetables to accompany your dips.
- Make a fresh salsa and serve with home-baked tortilla chips.
- Use fat free cream cheese and lean cuts of turkey or ham in pinwheels and rollups.
- In soups, use fat free and low sodium broths as your base. Use pureed root vegetables or beans to thicken them instead of cream.

Main Course:

- Serve lean cuts of meat, such as pork or beef tenderloin. If a ham is your centerpiece, be sure to trim the fat. And if turkey is making a comeback at your table, remove the skin and choose white meat over dark if you can.
- Provide plenty of vegetables. Steam, braise or roast them. Glaze with a very small amount of butter if you like, or use broth and herbs for flavor instead. If you are serving mashed potatoes, substitute reduced fat or fat free sour cream or cream cheese for the full fat versions.

Dessert:

- If you are serving pie, consider using phyllo dough as a base or topping. It is light and flaky, and virtually fat free. Enjoy fruit cobblers or crisps with less butter and use oats for added fiber. Top with fat free whip or low fat frozen yogurt instead of ice cream or heavy cream.
- Use reduced fat and fat free cream cheeses for cheesecakes.
- Serve poached or baked seasonal fruits such as apples or pears, again topping with low fat or fat free frozen yogurt or whip.

Holiday Safety

Trees:

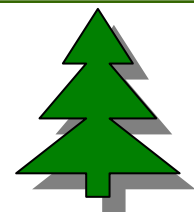
- When purchasing an artificial tree, look for the label "Fire Resistant."
- When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and do not block doorways.
- Cut a few inches off the trunk of your tree to expose the fresh wood. This allows for better water absorption and will help to keep your tree from drying out and becoming a fire hazard.
- Be sure to keep the stand filled with water, because heated rooms can dry live trees out rapidly.

Lights:

- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
- Before using lights outdoors, check labels to be sure they have been certified for outdoor use. To hold lights in place, string them through hooks or insulated staples, not nails or tacks. Never pull or tug lights to remove them.
- Check all tree lights-even if you've just purchased them-before hanging them on your tree. Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.
- Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
- Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.

Decorations:

- Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals.
- Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.
- In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food that may tempt a young child to eat them.
- Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair." Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.



Facts & figures

- Christmas trees were the items first ignited in an estimated average of 310 reported U.S. home structure fires per year in 1999-2002. These fires caused an average of 14 civilian deaths, 40 civilian injuries, and \$16.2 million in direct property damage per year. These statistics include both real and artificial trees.
- On average, one in every 22 reported home Christmas tree fires resulted in a death.
- More than four of every ten home Christmas tree fires are caused by an electrical problem or malfunction. One in four (25%) home Christmas tree fires resulted from a heat source placed too close to the tree. Seven percent were started by children playing with fire.
- When equipment was involved in the ignition of the fire, Lamps, Bulbs or Lighting (18%), and Cords or Plugs (13%) were cited more often than any other type of equipment. No equipment was involved in 44% of these fires.
- Candles were the heat source in 8% of the home Christmas tree fires per year between 1999 and 2002.
- Sixty-one percent of the home Christmas tree fires were reported in December, 22% were reported in January. Not surprisingly, the number of these fires spikes during the week