



## Spotlight

### Scale Back Alabama Statewide weight-loss campaign

*Lose ... and you might WIN!*

*Teams of four with each person losing 10 pounds in 10 weeks will be entered to win up to \$1,000 per team member.*

Participants age 18 and up, weigh in as a team at any Huntsville Hospital Wellness Center during the week of Jan. 10 – 16.

#### Weigh-in times:

**Sat., Jan. 10**

10 a.m. - 2 p.m.

**Sun., Jan. 11**

1 - 4 p.m.

**Mon. - Thurs., Jan. 12 - 15**

5 a.m. - 8 p.m.

**Fri., Jan. 16**

5 a.m. - 7 p.m.

Visit [scalebackalabama.com](http://scalebackalabama.com) for complete rules, or call 265-6299.

## Get Kids Moving this Winter

New Year resolutions are in full swing, which usually motivates adults to focus on fitness. But the cold weather season can have the opposite effect on kids, leading to them to hibernate on the sofa.

During winter, studies have shown that children burn half as many calories while consuming more calories than they do the rest of the year. It's not that kids are less energetic during the winter season; they just lack the self-discipline to seek physically engaging activities.

It's up to moms, grandmothers and aunts get creative with opportunities for physical PLAY. The options are endless and can be virtually free. By making it fun, it's easy to meet the recommended 60 minutes of daily activity for kids.

Click [here](#) for a fun (virtually free!) list of activities.

Keep in mind that the most important factor is YOU! It's important to lead by example and be a role model for your children to lead active lives. If you live by the old saying, "Do as I say, not as I do," your kids will probably sink deeper into the sofa until springtime.

*Koroben Jones, manager of the Huntsville Hospital Wellness Center in Madison*

If you're concerned about your preteen's health, consider "Way To Go Kids," a unique approach to helping kids build lifelong healthy attitudes about food and fitness. This program incorporates exercise, nutrition and behavior modification to encourage a healthier path for a happier life. Parents and kids age 9 – 12 years old attend nutrition class together, and there is a fitness component for kids only.

An eight-week "Way to Go Kids" class begins in Madison on Jan. 20 and at Medical Mall in Huntsville on Jan. 26. Call 265-WELL for more information.

## Multi-bean chili ([eatingwell.com](http://eatingwell.com)) Perfect for football playoff parties!

1 tablespoon canola oil	1/4 - 1/2 teaspoon ground chipotle chile or cayenne pepper, or to taste	1 15-ounce can small white beans, such as navy beans, rinsed
1 large onion, diced	1 28-ounce can crushed tomatoes	1 15-ounce can black beans, rinsed
4 cloves garlic, minced	3 medium tomatoes, chopped	3 cups water
3 tablespoons chili powder	1 15-ounce can dark red kidney beans, rinsed	1/2 teaspoon freshly ground pepper
1 tablespoon ground cumin		

Heat oil in a Dutch oven over medium heat. Add onion and cook, stirring, until beginning to soften, 2 to 3 minutes. Reduce heat to medium-low and cook, stirring often, until very soft and just beginning to brown, 3 to 4 minutes. Add garlic, chili powder, cumin and chipotle (or cayenne) to taste and cook, stirring constantly, until fragrant, 30 seconds to 1 minute. Stir in canned and fresh tomatoes, kidney, white and black beans, water and pepper. Increase heat to high and bring to a boil, stirring often. Reduce heat to a simmer and cook, stirring occasionally, until the chili has reduced slightly, 10 to 15 minutes. (Makes 6 servings. Per serving: 294 calories, 4 g total fat)

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ENJOY!