APFP June Newsletter



Laugh a Little!

Most of us know that laughter helps to relieve stress, but did you know that laughter can also help to protect your heart?



Recent studies that were presented at the American College of Sports Medicine annual meeting in Seattle have shown that laughter increases blood flow and can decrease blood pressure. So remember to not take yourself too seriously, and get some laughs in this summer!

(U.S. News and World Report)

Be Proactive in Protecting Your Heart

Take a look at the questions below: do you know the answers? It is important to be knowledgeable about your health, so the next time you see your doctor, be sure to bring this list of questions. Protecting your heart will help you live longer and better!

- 1. What is my risk for heart disease?
- 2. What is my blood pressure? What do the numbers mean and what do I need to do about it?

- 3. What are my cholesterol numbers? What do the numbers mean and what do I need to do about them?
- 4. How much do I weigh? What is my body mass index (BMI)? What is my waist circumference? Do I need to lose weight?
- 5. What is my blood sugar level? Am I at risk for diabetes?
- 6. What other screening tests should I have?
- 7. How often should I return for checkups?
- (U.S. Department of Health and Human Services)

APFP Summer Hours: Monday-Friday

- 5:30-8:30am
- 11:30-1:00pm
- 3:30-6:30pm

We will be closed

- July 4th
- July 25th through August 5th

"You don't stop laughing because you grow old; you grow old because you stop laughing."
-Michael Pritchard





This version above shows regular graham crackers instead of chocolate graham crackers.
Instead of using the thick chocolate topping pictured here, cut calories by adding a few chocolate chips to garnish.

For Those of You with a Sweet Tooth...

This Graham Cracker Layered Dessert is a Weight Watchers recipe. Very tasty and lower in calories!

Ingredients:

- 3 Cups Skim Milk
- 2 Boxes White Chocolate Sugar Free Pudding
- 4 Cups Cool Whip thawed
- Chocolate Graham Crackers
- A few mini Chocolate Chips to sprinkle on top

Directions:

Whip pudding with milk and stir in Cool Whip.
Spread a small amount in bottom of 9 x 13 Pan.
Cover with 1 layer of chocolate Grahams.
Repeat 2 more times. Add a thin layer of cool whip and top with a few chocolate chips. Enjoy!



Happy Birthday to You!

6/1: Tom Taylor

6/2: Warren Groeling

6/6: Donna Taylor

6/7: Therese Weakland

6/11: Edie Doudt

6/12: Gary Swetnam

6/14: Mary Kaminsky

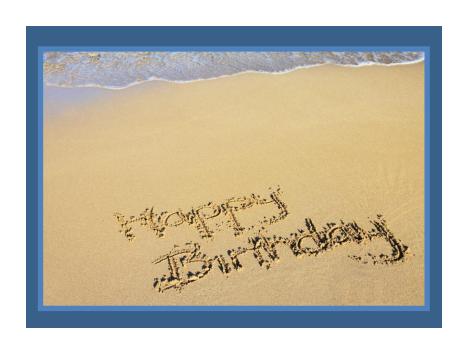
6/15: Barbara Cox

6/15: Larry Gabbert

6/23: Linda Needham

6/24: David Largent

6/27: Eva Newnam



Remember to keep moving this summer! Get outside and enjoy that weather. We would love to see you in the fitness center for some resistance training if you are doing your aerobic exercise outside!