



# BLACK FAMILY DEVELOPMENT, INC. HEALTH & WELLNESS NEWSLETTER

Volume 1/Issue 2

January 1, 2019

## RECIPE OF THE MONTH

### Breakfast Burritos

#### INGREDIENTS

4 eggs  
½ cup chopped onions  
½ green/red bell peppers  
½ cup of finely cut spinach  
¾ no-fat cheddar cheese

#### FOR SERVING (OPTIONAL)

5 warm whole Tortillas  
Salsa

Shredded Cheddar

#### DIRECTIONS

Scramble eggs in a separate bowl. Then add onions, peppers, and cheese. Then place the prepared items in a non-stick skillet that has been sprayed with pam or other cooking spray. Cook on reduced heat for about 5 minutes. Remove eggs and serve on tortillas and/or wrap place them in aluminum foil for on the go.

Gloria Smith

## Success Stories:

So....Ann walked in the office with a fancy scale that Mrs. Thompson purchased for staff, so I decided to weigh myself and got the surprise of a lifetime. I made a decision to start back on my weight loss journey and actually stick to it. I initially started by removing soda and limiting sweets. I did a flush and then I participated in a vegetables only challenge for 14 days. I found great recipes to incorporate during that time that I continue to use. You just have to be creative!

I've lost 18lbs so far over the past 6 weeks. I also exercise daily by setting a 10K step/day goal and I use my Fitbit daily. I attend a step aerobics class on Wednesdays and try to incorporate extra steps during my lunch hour. I completed the vegetable challenge and now I am practicing eating balanced. I try to limit myself to one cheat meal every 2 weeks, but my current goal is to go 3 weeks without a cheat meal. I guess any recommendations I'd have starting off is to be open about different options and have patience until you find what works best for you. Daily exercise may not work, but try to do more days active than not. Challenges may not work, but maybe setting goals of what not to eat or what to eat for short timeframes will. You have to stick to knowing that you want to lose the weight and become more fit. You also have to practice forgiveness. Say that again as many times as needed. You will have to accept that there will be days that you miss the mark. It may be a small mishap or a large one. Don't give in or give up. It's a process and everyone has to start somewhere. I have at least 40 more pounds to lose and plan on doing it slowly so I can keep the results. I have a birthday goal to be under a certain weight so I keep that in mind when I have moments. Good luck to anyone planning to start!

Keisha Render

## Fitness & Wellness Challenge:

Please continue to Join Black Family Development, Inc. as we challenge ourselves each day this month to make small changes – both physically and mentally – to create gains for our overall health and wellness. Each day of the week will have a theme for the type of activity we'll be asking you to do. So get ready for **#MindfulMonday**, **#TastyTuesday**, **#WorkplaceWednesday**, **#ThoughtfulThursday**, **#FitnessFriday**, **#StressFreeSaturday**, **#SleepWellSunday**.



**IT'S A NEW YEAR, NEW DAY,  
NEW BEGINNING**

## Wellness Programs:

### HEALTH & WELLNESS

“We’ve allowed our well-being and happiness to be contingent upon getting something from this world. We’ve not grasped that lasting happiness has more to do with the way our internal world is oriented than what we get from temporal pleasures” [Leslie Vernick](#)

#### A FEW THINGS WE ALL CAN DO

1. Take the time to Smile and say hello to someone you know and someone you don’t know
2. Take a different way to work (if time allows)
3. Play a song that you haven’t heard in a while that you know all the words to and sing along
4. Pack a lunch and take a real lunch break and perhaps read a snippet from your favorite book or magazine

## Book of the Month:

Check out the book out the month

“[Lord I just want to Be Happy](#)” (Leslie Vernick). In this book Leslie reveals practical and simple steps to help you

- Recognize and change habits that day by day keep you from experiencing happiness
- Make good choices and learn from mistakes without beating yourself up
- Develop skills that will enable you to let go of negative and painful emotions more quickly
- Transform difficult circumstances so you can live with gratitude, joy, and purpose

#### PHRASE FOR THE MONTH

“Every day I open my eyes I get to press my Restart Button”

## Heathy Facts:

**5 REASONS HIGH FRUCTOSE CORN SYRUP WILL KILL YOU!!!**

**By Dr. Hyman**

MARK HYMAN, MD is a practicing family physician, He is the Director of the Cleveland Clinic Center for Functional Medicine.

Dr. Hyman wrote an article about 5 reasons **High Fructose Corn Syrup (HFCS)** will kill you and here they are:

1. Sugar in any form causes obesity and disease when consumed in pharmacologic doses. Cane sugar and high fructose corn syrup are indeed both harmful when consumed in pharmacologic doses of **140 pounds per person per year**. The average American increased their consumption of HFCS (mostly from sugar sweetened drinks and processed food) from zero to over 60 pounds per person per year. **HFCS can trigger body-wide inflammation and obesity.**
2. HFCS and cane sugar are NOT biochemically identical or processed the same way by the body.
3. HFCS contains contaminants including mercury that are not regulated or measured by the FDA.

4. Independent medical and nutrition experts DO NOT support the use of HFCS in our diet, despite the assertions of the corn industry.

5. HFCS is almost always a marker of poor-quality, nutrient-poor disease-creating industrial food products or “food-like substances”.

Source:

<https://drhyman.com/blog/2011/05/13/5-reasons-high-fructose-corn-syrup-will-kill-you>

**\*For any concerns or Health & Wellness Issues Please consult your personal physicians\***