



December Recap:

- ◆ The Monthly DSFIT2RUN PRAYER LINE was Tuesday, December 13th with Elder Gloria Roberts. Each month we are able to request specific readings and ask Gloria to pray for someone in your life or even yourself. Please visit our site www.dsfrit2run.com on the homepage and click “Balance Your Spirituality” to submit prayer requests.
- ◆ December 15th DSFIT2RUN launched a shoe drive with Funds2Orgs that will help raise money for our organization. Every pair of shoes collected will help DSFIT2RUN continue to provide free services to its members. Read more about our shoe drive later on in the newsletter!
- ◆ Our 2nd Annual F.R.E.S.H. Conference is right around the corner! Discounted tickets are still available at www.dsfrit2run.com. Get yours today; you don't want to miss this!



In this issue:

- Breakfast Boost
- How to Survive Cold & Flu Season
- Holiday Shopping & Your Debt
 - DSFIT2run Shoe Drive
- 2nd Annual F.R.E.S.H. Conference

BREAKFAST BOOST

It is a common occurrence that a vast majority of people skip breakfast. Whether you don't "feel" hungry or just seem to run out of time, you are missing out on the most important meal of the day! According to Dr. David S. Ludwig, a nutritionist at Harvard affiliated Children's Hospital in Boston, after a long night's rest, your body is in need of some fuel to get it moving. Dr. Ludwig suggests a breakfast that contains protein, healthy carbohydrates, and some fruits or veggies. We all know time to prepare a well-balanced meal in the morning while trying to get yourself ready for the day may be difficult. So, what should you strive for that won't force you to wake up at 4:00 a.m. ? If you don't have time to meal prep over the weekend, shoot for a slice of whole-grain toast or some high- fiber cereal. Feel free to toss in a banana or your other favorite fruit. Here are four quick and simple tips from Dr. David S. Ludwig for tackling your morning fuel boost.



- Choose whole grains: high- fiber and whole grains will keep your blood sugar even and help avoid an early morning energy crash. Read labels and try to avoid cereals high in sugar.
- Include protein: This doesn't mean you have to cook a steak in the wee hours of the morning. Greek yogurt is a great source of protein. You can whip up a quick omelet or meal prep some eggs in your muffin pan. Toss in some veggies to get some added nutrients.
- Eat in, not out: Avoid fast food chains or donuts at your favorite coffee spot. Like most processed food, the breakfasts choices at fast food locations are high in sodium and sugar. They might fill you up for a quick time, but there are no long term benefits.
- Try a breakfast smoothie: Combine fruit, ice, yogurt, even vegetables to make up a nutrient packed treat to start your day. With a blender and your favorite fruits and vegetables, the combinations are really endless!

COLD & FLU SEASON: HOW TO SURVIVE

It's that time of the year again and we're not talking about the holidays! We're talking about flu season! The winter months are tough on us already with the never-ending dark days and freezing cold temperatures. As if that isn't bad enough, toss in an office or home filled with sniffing, coughing, and over all sick people. Although you are never guaranteed to make it out of cold and flu season untouched, there are some remedies and cautionary steps that can help give you a fighting chance. Most importantly, you need to be aware and fully accept the fact that germs and viral illnesses spread all over the place and cannot be stopped. Whether the ill person you are surrounded by covers his or her nose and mouth, droplets of influenza and bacteria are still able to settle all over the place. Scary huh? Instead of being frightened (or grossed out), be proactive and try to take positive steps toward a healthier you.

Self Magazine published an article sharing great information on how to get through each season. Although this first tip will undoubtedly come across as common sense, wash your hands! If anything, we need to wash our hands more. Obviously hand washing needs to be done after every restroom visit but really it should be done as often as possible. If you are pumping gas, shopping, or using the copier at work, think about how many people have been to and touched the same exact spot you are. If you can't find the time to continuously wash your hands, go for an alcohol based hand sanitizer. Worried about your hands drying out during the cold months? You can carry a small hydrating lotion to protect your hands.

To go along with washing your hands, it is important to not touch your face as much as possible. Germs spread most easily through your eyes and nose. If you're going to touch your face or rub your eyes, wash your hands first! Are you catching a pattern here?

Let's take a second and think about the places you spend majority of your time where your space is vulnerable to germs being spread. Do you work in a work environment where you're in an open office or cubicle space? Do you carpool your kids or drive others around for a living? Do you warm up your coffee in the office kitchen? Wipe up the buildup of germs and viruses with anti-bacteria wipes or cleaning product. Make it a habit, especially during cold and flu season, to disinfect your personal space. Even if the office kitchen isn't your responsibility, you will be doing yourself and others a favor.

We will never argue when someone tells us to get more sleep. The more sleep you get the healthier your immune system will be. If your body is consistently tired, you will not be strong enough to ward off any unwanted germs or viruses. Even though you may want to take advantage of this tip, it is also important to keep up your fitness routine by remaining active during the cold months. Fight through the temptation of coying up under blankets and try an at home work out.

Last but not least, realize you may not make it out scot-free. Be sure that if you are truly sick, take advantage of your sick days. If your kids are sick, keep them home. The number one way all germs and viruses are spread are because we send ourselves or our children out when we should really be taking care of ourselves and our loved ones.



HOLIDAY SHOPPING & DEBT

It is no surprise that the holiday season digs deep into our pockets. Gift giving, for some of us, is enjoyable and may lead to us over spending just to see a smile brought to someone's face. According to a recent survey by Magnify Money, one in four Americans admitted that they plan to rack up debt during the holiday season . Out of 1,146 people, 66% of those people stated that they will likely take approximately three months to pay off that holiday debt. We all know how credit cards work. They are easy to rack up and seem somewhat impossible to pay off; they end up costing us more money in the long run due to interest rates and low payments. So if we know all this, why do so many of us find each other in the same boat? How do we get out of it or at least avoid getting into it?

First thing's first, if you can't completely avoid getting a credit card, aim to avoid store cards. This is the time you will get bombarded by retail employees about saving a few extra dollars or get a special coupon. Store credit cards are known for having the highest interest rates. Before you even head to the stores, sit down and look over your financial state. What can you realistically afford to spend? Make a budget and stick to it. It is easy to get carried away for that special someone, but you need to know when to stop. Speaking of budget, try shortening your list of people to buy for. If you have a large family, opt for doing a 'secret Santa' exchange where everyone picks just one person and sets a limit. This will be a lot easier on everyone!

We all have our own reasoning behind using credit cards. You may want those extra miles or cash back incentives, or you simply are going through a financial hardship, we all either partake or have spent beyond our means. If you choose to go the credit card route just try to get rid of current debt first. After this holiday season is over, you should try to start saving for next year. You can open an additional savings account specifically for Christmas shopping. Take it a step further and get your pay checks directly deposited or put a little more away each time you can. Take whatever is left over and spend it on yourself. Because, if you spent an entire year saving, you deserve it!



DSFIT2RUN SHOE DRIVE

Bolingbrook, IL December 15, 2016: DSFit2Run is conducting a shoe collection drive on December 15, 2016 through March 15, 2017 to raise funds for DSFIT2RUN. DSFit2Run assists all individuals with training to walk various races (5K up to marathons), increase their knowledge about nutrition, and promote the overall importance of a healthy lifestyle. Living a healthy lifestyle can be costly and incur a handful of expenses. DSFit2Run has the goal of eliminating the financial stress on its members. When asked how DSFit2Run was started, Deana Patterson, founder, stated: "DSFit2Run was started after my mother passed away from breast cancer. It was then that I realized I wanted to help change lives; I figured if I could just help individuals follow a healthy lifestyle, I would potentially be helping them prolong their lives." This organization makes it possible to maintain a healthy and active routine without imposing costly fees; through free trainings and countless workshops, members are provided all the tools they need to thrive all for free. For example, each Saturday members meet and train to walk various races ranging from 5Ks to marathons.

With this shoe drive, DSFit2Run will earn funds based on the number of pairs collected. From there, Funds2Orgs will purchase all of the donated footwear. The dollars earned will benefit DSFit2Run by covering the cost of supplies such as water, snacks, and workshops, all of which help spread awareness and knowledge of nutrition and living a healthy lifestyle. All donated shoes will then be redistributed throughout the Funds2Orgs network of micro-enterprise partners in developing nations. Funds2Orgs helps impoverished people start, maintain and grow businesses in countries such as Haiti, Honduras and other nations in Central America and Africa. Proceeds from the shoe sales are used to feed, clothe and house their families. One budding entrepreneur in Haiti even earned enough to send to her son to law school.

"We cannot wait to start this shoe drive," said Patterson. "We know that many people have an abundance of shoes to be donated and would like to help those less fortunate. By donating shoes, it becomes a win-win for all parties involved." Anyone can help by donating gently worn, used or new shoes. By donating shoes to DSFit2Run the shoes will be given a second chance and make a difference in people's lives. **To help, please contact Rebecca Peck at dsfit2runbp@gmail.com to schedule a pick up.**

2ND ANNUAL

DSFit2Run
MAKE IT HAPPEN!



F.R.E.S.H. CONFERENCE



Sandra
Cooper



Terry
Roberts



Ephraim
Pugh Jr.



Pavla
Haluskova



Gloria
Roberts



Dr. Abdul
Sankari

"BREAKING HABITS FOR BALANCE"

WHEN

January 14, 2017
9:00 AM- 5:00 PM
8:30 AM Registration

WHERE

Hilton Chicago/Oak Lawn
9333 S. Cicero Ave
Oak Lawn, IL 60453

TICKETS

DSFIT2RUN.com
1st 20 sold: only \$50
After 1st 20 sold: \$75
At the Door: \$100