

# hapitimes

HARVEST GLEN edition



## WHY QUIT SMOKING NOW?

### No Matter How Long You've Smoked, Quitting Can Help Improve Your Health



No matter how old you are or how long you've smoked, quitting can help you live longer and be healthier. People who stop smoking before age 50 cut their risk of dying in the next 15 years in half compared with those who keep smoking. Ex-smokers enjoy a higher quality of life. They have fewer illnesses such as colds and flu, lower rates of bronchitis and pneumonia, and feel healthier than people who still smoke.

According to the U.S. Surgeon General:

- Quitting smoking has major and immediate health benefits for men and women of all ages. These benefits apply to people who already have smoking-related diseases and those who don't.
- Quitting smoking lowers the risk of lung cancer, other cancers, heart attack, stroke and chronic lung disease.
- The health benefits of quitting smoking are far greater than any risks from any small weight gain (which is usually less than 10 pounds)..

— Source: American Cancer Society

### Hand Washing Awareness—Keep Yourself and Your Family Healthier This Winter

Proper hand washing can help your family have a healthier winter — when many viruses are passed from person to person. These tips can help.

#### Here's how to wash your hands most effectively:

- Use soap and warm, running water.
- Rub your hands vigorously for 20 seconds.
- Wash all surfaces, including backs of hands, wrists, between fingers, tips of fingers and under fingernails.
- Rinse your hands well.
- Dry hands with a paper towel.

#### Always wash your hands after:

- Going to the toilet or changing diapers
- Coughing/sneezing or using a tissue
- Handling raw meat or poultry
- Touching lacerations/cuts, sores or infected areas on the skin
- Handling or playing with pets

- Touching dirty kitchen equipment, utensils, dishes or work surfaces

#### Always wash your hands before:

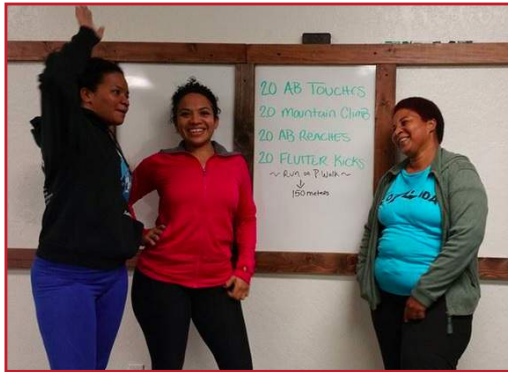
- Cooking or handling ready-to-eat foods, such as breads, deli meats, cheese, fruits and vegetables
- Eating

— Source: Kansas Department of Health and Environment



apartment community

## NEW YEAR'S RESOLUTIONS



January brings opportunities for a fresh start—and new year's resolutions to get you on the right track. Don't shrug them off this year. You can stick to your fitness goals by showing up to our free—and fun!—classes. Check out the updated schedule of classes on the calendar. Vibe Fitness, Zumba, Yoga, Morning Exercise, Afternoon Exercise for Kids. And don't forget the walking path and fitness center....

## INSIDE HARVEST GLEN

### MOVING AND SHAKING

More ways to move and additional Hapi faces to help get you motivated: We're excited to welcome new fitness instructors at Harvest Glen! Yoga classes are now taught by Mary (Monday, 7-8 am) and Melanie (Wednesday, 6-7 pm); morning exercise classes for all ages are led by Temetra (Monday and Friday, 6-7 am); and afternoon exercise classes for kids are taught by Sam (Wednesdays 3-4 pm).

### GROWTH OPPORTUNITY

If you missed the garden workshop in December but would like to get involved growing your own herbs and vegetables in the community garden, leave your name and contact information at the community center so our master gardener Kathi can contact you about getting started!



### KIDS AND TODDLERS

Do you have kids and toddlers in the house? You can sign them up for our After-School Program at our Community Center. The program is free and offers a great chance for kids to interact with others and develop learning skills in a nurturing environment.



### GIVING THANKS



A hearty thanks to the volunteers from the Water of Life Community Church for providing a healthy holiday meal for residents the week before Thanksgiving. Good food and good neighbors—that gives us a lot to be thankful for.

## hapi meals

Healthy, Fast, and Easy Recipes

### Whole Wheat Pizza

#### INGREDIENTS:

- 1/2 cup marinara sauce
- 1 cup frozen broccoli, defrosted
- 3/4 cup shredded Italian-blend cheese
- 1 cup shredded fontina cheese, divided
- 1 pear, cored and sliced
- 1 cup arugula, shredded

#### INSTRUCTIONS:

1. In a large bowl, combine warm water, yeast, and honey; let rest 10 minutes. Meanwhile combine both flours with salt. Add flour mixture to yeast and work to form dough. Knead for 2 minutes. Evenly coat a large bowl with olive oil. Place dough in oiled bowl; cover, and let rise until doubled in size, about 1 hour.
2. Heat oven to 425 degrees F. Coat 2 baking sheets with vegetable cooking spray. Punch down dough and divide into 4 equal pieces. Flatten and shape each into an 8-inch circle; place 2 on each baking sheet. Top 2 pizzas with sauce, broccoli, and Italian cheese. Top the other 2 pizzas with 1/4 cup fontina cheese, arugula, pear slices, and then the remaining 3/4 cup cheese. Bake for 20 to 25 minutes or until dough is crispy.

**NUTRITIONAL INFORMATION:** Servings Per Recipe: 8; Amount Per Serving: cal.(kcal): 278, fat, total(g): 8.6, chol.(mg): 22, sat. fat(g): 4, carb.(g): 49, fiber(g): 5, pro.(g): 12.6, calcium(mg): 189, sodium(mg): 524, Percent Daily Values are based on a 2,000 calorie diet.

Recipe from Parents Magazine; find more healthy recipes online at [www.choosemyplate.gov](http://www.choosemyplate.gov)



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## Just the Facts...

**A 20-ounce bottle of soda contains the equivalent of approximately 16 teaspoons of sugar.**

