

WHAT'S HAPPENING IN JANUARY

WED - SUN, JANUARY 20-24

Michael Jordan Celebrity Golf Tournament 9th Annual Celebrity Invitational

Ocean Club Golf Course, Paradise Island
Nassau, Bahamas

Basketball legend Michael Jordan hosts his annual four-day charity golf tournament

SATURDAY, JANUARY 30

Baptist Council Annual Family Fun Run Road Race

The Bahamas Baptist Community College
Nassau, Bahamas

Race Starts 7:00am

The Baptist Sports Council holds its yearly road race, starting at 7:00am; Divisions include male and female and run and walk in under 15, under 19, under 30, under 40, under 50, 50-60, 60+, and a Pastor/Minister division. Entry fee: \$5 p/person.

SATURDAY, JANUARY 30

"An Evening with the Stars" 38th Annual Red Cross Ball

Crystal Ballroom, Crystal Palace
Wyndham Nassau Resort
Nassau, Bahamas

T: 327-6200 & 323-7370

The Bahamas Red Cross invites you to share with them an evening of splendor and charity, as they host their 38th Annual Red Cross Ball. Under the theme "An Evening with the Stars".

MONDAY, FEBRUARY 1

BahamaHealth "Go Red for Women" Launch

Family Guardian Financial Centre
East Bay & Church Streets
Nassau, Bahamas

BahamaHealth is a proud sponsor of the Bahamas Heart Association's Go Red for Women healthy heart initiative.

As a sponsor, BahamaHealth will be selling specially designed lapel pins starting on February 1 at the Family Guardian Financial Centre, East Bay & Church Streets. All proceeds from the sale of this pin go directly to the Bahamas Heart Association to assist in its efforts to raise funds for lifesaving support.

Make a difference. Purchase a pin.

"The i in illness is isolation, and the crucial letters in wellness are we."

- Author Unknown

**See Reverse...
For Recipes to Jump-Start the Year**

POST HOLIDAY GAIN - 4 WAYS TO RECOVER

By Camille Noe (www.weightwatchers.com)

01: Don't get discouraged by weight gain.

Even if you overdid it, it won't destroy your health goals. In fact, you may unconsciously reduce your intake as the holiday season winds down. When those cocktail party invitations stop coming, so do the temptations.

02: Up your fruit and vegetable intake.

Ideally, you should consume at least five fruit and vegetable servings per day now. These vitamin-rich foods boost your fiber and antioxidant intake and help you feel full. **A tip:** Replace that mid afternoon 16-oz. Cola (200 calories) with an orange (65 calories) as a nutritious midday snack.

03: Pre-arrange exercise time.

You'll stick to a regimen if you schedule exercise ahead. Try to get in 30 minutes almost every day.

04: Resist depriving yourself.

Focus on what you're going to eat rather than what you're not. Concentrate on ways to feed yourself now. It helps you to stick to healthy eating habits.



60-MINUTE LUNCHTIME WORKOUT

By Melissa Sperl (www.weightwatchers.com)

Can you really work out during work hours? Yes! The experts tell you how to make it happen.

The 60-minute lunch crunch

The first step is to decide what kind of workout will work. And, the second step is making it a priority. Personal time is always last on the list, so committing yourself to fit in a block of time to work out is often the hardest part.

Work out a time budget.

If you have 60 minutes for lunch, for example, subtract the amount of time it will take you to get to and from the gym, changed into your gym clothes and onto the machines. Even if you have just 20 minutes left, there's a lot you can do.

If your trips to the gym typically run several hours, it may be hard to imagine spending only a few minutes working out. But remember: A short workout is better than none at all!

Make the right moves.

If you're trying to burn fat, focus on cardio. That means the treadmill, the elliptical trainer, the stationary bike — anything that will get your heart rate up. If you'd like to work weight training into your routine, make sure you're dedicating at least three workouts a week to cardio, or getting your heart rate up at some other point in the day.

Warm up, cool down.

These two important parts of your workout are not to be skipped, no matter what. Luckily, if you're doing a cardio workout, your warm-up can be incorporated into that. Just start out slow and work your way up. Be sure to stretch when you're done, even if it's just for five minutes, to maintain your flexibility.

Take it outside.

For a fast workout, team up with a friend and use your lunch for power walks. Do some research and look for paths near your office.

Or work out at work.

If a gym is too far and the weather isn't welcoming, take a look around your office. Is there a stairwell you can use as your personal step machine? Does

your cube or desk offer you enough space for the use of small fitness tools, like a balance ball or a jump rope? Can you use an empty conference room to roll out a mat and do stretches?

Pick work clothes with your workout in mind.

On days you plan on working out at lunch, try to wear clothes that are easier to change in and out of. For example, panty-hose get ripped easily when changing in and out of them. Depending on your office attire, you might consider layering some of your workout clothes under your work outfit.

Pack your bag the night before.

Include your shoes, a change of underwear, deodorant and extra socks.

Be smart about showering.

You don't have to repeat your entire morning get-ready routine, even if you tend to sweat a lot. Do what you need to do: Shower without washing your hair, for example. (Think about putting it in a bun or braid for the rest of the day.) Or just use a small wet towel and some deodorant to freshen up.

Eat in stages.

If you're working out during lunch eat in stages, at your desk. Divide a healthy, balanced midday meal into several courses. If you can, pick the carb-heavy parts of your meal (grains or fruits) for pre-workout — carbohydrates provide the quick fuel you'll need at the gym. Just try to eat at least an hour before you go, though a last-minute piece of fruit should be OK, too, if you're finding yourself feeling famished as you strap on your sneakers. Post-workout, reward yourself with the rest of your meal.

Increase your productivity.

A common hurdle when it comes to working out during work hours is guilt; many people worry that they'll get less work done if they take that break. On the contrary — it may help your productivity. For many people, exercising can create more energy. Your brain will be more productive and you will have more endurance for your projects. Also, exercise will de-stress you and raise [mood-enhancing] endorphins.

MAIN DISHES FOR THE NEW YEAR

Caribbean recipes - full of big, bright flavors are perfect to add a little sunshine to a meal at home!

By Lisa Chernick (www.weightwatchers.com)



CARIBBEAN PORK MEDALLIONS

4 Points® Values | 4 Servings

Prep Time: 15 min
Cooking Time: 20 min
Level of Difficulty: Moderate

The combination of apples and sweet potatoes is the perfect complement to pork.

INGREDIENTS

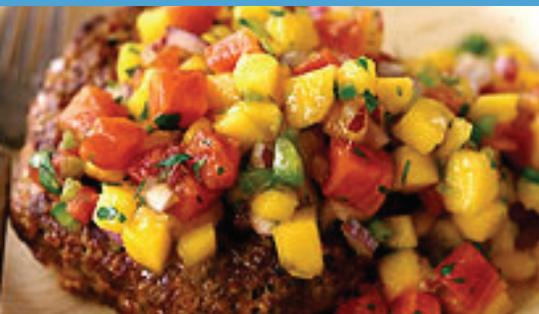
- 1 large sweet potato, peeled & thinly sliced
- 1 small apple, cored & thinly sliced
- 2 Tbsp dark brown sugar, packed
- 1/2 cup apple juice
- 1 tsp ginger root, peeled & grated
- 1/4 tsp table salt
- 1/4 tsp ground allspice
- 1/8 tsp ground cinnamon
- 3/4 pounds lean pork tenderloin, trimmed of all visible fat & cut into 12 half-inch slices
- 2 medium scallions, sliced

INSTRUCTIONS

Preheat oven to 400 °F. Tear off four 12-inch squares of parchment paper or foil; fold each in half, lengthwise, and cut into a heart shape with the fold running vertically down the center. Open each heart to lie flat.

In a medium bowl, mix sweet potato, apple and brown sugar; spoon onto center of one side of each heart.

In same bowl, mix apple juice, ginger, salt, allspice and cinnamon. With heel of your hand, press pork slices to 1/4-inch thickness; add to spice mixture and toss to coat. Place pork over sweet potatoes; sprinkle with sliced scallions. Fold parchment over pork. Starting at top of each heart, make a series of tight overlapping folds to seal packets. Place on a baking sheet; bake until pork is no longer pink and sweet potatoes are tender, about 18 minutes.



JAMAICAN JERK BURGERS

5 Points® Values | 4 Servings

Prep Time: 20 min
Cooking Time: 14 min
Level of Difficulty: Easy

We tamed the slight heat of these Caribbean-inspired burgers with a cool mango-papaya salsa.

INGREDIENTS

- 1/2 cup papaya, diced
- 1 cup mango, diced
- 3/4 cup red onion, finely chopped, divided
- 1/2 cup green pepper, finely chopped, divided
- 2 Tbsp cilantro, fresh, chopped
- 2 Tbsp fresh lime juice
- 1/2 cup uncooked quick oats
- 1/3 cup ketchup
- 1 Tbsp jerk seasoning, Jamaican-variety
- 1 large egg
- 1 pound lean ground turkey

INSTRUCTIONS

To prepare salsa, in a medium bowl, combine papaya, mango, 1/4 cup each of red onion and green pepper, cilantro and lime juice; set aside.

To prepare burgers, in a large bowl, combine remaining 1/2 cup of red onion, remaining 1/4 cup of green pepper, oats, ketchup, jerk seasoning and egg; mix until well combined. Add turkey; mix thoroughly. Shape turkey mixture into four 1-inch-thick patties; cover and refrigerate for a minimum of 20 minutes.

Preheat grill. Grill burgers until cooked through, flipping once, about 5 to 7 minutes per side. Serve each burger topped with about a heaping 1/3 cup of salsa.

Note: *The salsa can be prepared up to one day in advance and stored in the refrigerator.*



JERK CHICKEN THIGHS

4 Points® Values | 4 Servings

Prep Time: 25 min
Cooking Time: 16 min
Level of Difficulty: Easy

Leftovers make a wonderful salad!

INGREDIENTS

- 3/4 tsp ground cinnamon & ground allspice
- 1/2 tsp garlic salt
- 1/4 tsp dried thyme, table salt & black pepper
- 1/8 tsp cayenne pepper, or to taste
- 2 Tbsp fresh lime juice, divided
- 1 pound boneless, skinless chicken thighs, about 6 thighs
- Salsa**
- 1 large mango, diced
- 2 small shallots, finely chopped
- 1 large jalapeno pepper, cored, seeded and minced
- 1 Tbsp cilantro, fresh, minced
- 1/8 tsp table salt, or to taste

INSTRUCTIONS

Preheat grill to medium heat.

On a plate, combine cinnamon, allspice, garlic salt, thyme, table salt, black pepper, cayenne pepper and 1 tablespoon of lime juice; mix to a paste. Brush both sides of chicken with seasoning paste; set aside for 10 minutes to allow flavors to blend.

Meanwhile, in a medium bowl, combine salsa ingredients.

Grill chicken for 10 minutes; flip and grill until cooked through, about 6 minutes more. Cut each chicken thigh in half to serve. Yields 3 pieces of chicken (1 1/2 thighs total) and about 1/2 cup salsa per serving.