

Insight 2 Health

FITNESS CHALLENGE

Five teams, each lead by professional fitness trainers competing for success in losing weight and getting fit!

IN IT TO WIN IT



Matt Lese

Matt's lifelong passion for fitness started with years of playing competitive sports from hockey to basketball. Matt has competed in triathlons and has experience boxing and has participated in CrossFit inspired activities. Because of his well-rounded experiences in the fitness world, Matt was inspired to start Fusion Fitness, which in short, seeks to "Fuse" many different fitness disciplines into one complete program.

The Insight-2-Health Fitness Challenge is a fun, yet challenging, fitness and lifestyle initiative designed to promote measurable and long-lasting health and fitness outcomes in program participants. The objective is to introduce lifestyle changes that are sustainable. Teams meet once per week with their assigned personal trainer and are required to workout

with their teammates. Participants also receive one-on-one consultation with a registered dietician and coaching on food, weight gain/loss with a mental health professional. Join challenge participants on their 10-week journey by checking these pages and following Insight News and The F.I.T. Lab, Co., on Facebook.

Photo: Corey Collins/Moda Photography

Healthy Recipes

Presented by NorthPoint Health & Wellness Center staff



"Family recipe passed down from generation to generation. It was good to be able to make it healthier but still have the same taste."
- Laura Green

LAURA'S COLLARD GREENS

Recipe by Laura Green

Makes 6 to 8 servings

- 2 bags (2 pounds each bag) fresh collard greens
- ½ package smoked turkey wings or legs
- 3 cups water
- 1 tablespoons olive oil or vegetable oil
- ½ cup chopped red onion
- 2 cloves minced garlic, minced
- 4 to 5 cloves garlic, chopped

Rinse greens with cold water. Remove excess water; set aside.

Place turkey and water in large pot; cook over medium-high heat until boiling. Reduce heat to simmer. Cover and cook for 1 ½ hours, stirring occasionally. Add greens and remaining ingredients. Cover and cook for an additional 2 hours or until greens are tender.



"This is a recipe that I adapted from a girls scout "foil dinner" camping recipe. I like it because I can cook it in the oven, crockpot, or even solar oven. It is easy, healthy, and my kids love it."
- Robin Councilman

SOUTH WESTERN LASAGNA

Recipe by Robin Councilman

Makes 8 to 10 servings

- 1 can (15 ounces) black beans, drained
- 1 can (14.5 ounces) diced tomatoes, drained
- 2 cups frozen corn, unthawed

- 1 large can (10 ounces) chicken, drained
- 8 small (6 inches wide) corn or whole wheat tortillas
- 1 can (16 ounces) vegetarian refried beans
- 1 package (8 ounces) shredded cheese

Stir together black beans, tomatoes and corn in medium bowl; set aside.

Layer vegetables, 1 tortilla, refried beans, chicken and cheese in crock pot. Repeat layering until all ingredients are in crock pot. Cover crock pot; cook on high for 4 hours.

"One of my goals as a mother has been to have my children enjoy vegetables. In that effort, one of the things I've found is that the children in my family all prefer most vegetables

roasted over steamed or boiled. The roast roots are a great Fall recipe because most of these and other root vegetables are available so inexpensively at the farmer's markets. In this recipe I use vegetables that many adults have never heard of, much less eaten. However, it makes a wonderful mix of colors and flavors that add interest to a meal."
- Robin Councilman

OVEN ROASTED ROOT VEGETABLES

Recipe by Robin Councilman

Makes 6 to 8 servings

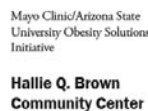


- 2 medium red skin or white potatoes, peeled and sliced
- 1 large sweet potato, peeled and sliced
- 2 medium carrots, peeled and sliced
- 1 medium potato or sunchoke, peeled and sliced
- ½ rutabaga, peeled and sliced
- 1 golden beet, peeled and sliced
- 1 parsnip, peeled and sliced

- 1 tablespoon sunflower oil or vegetable oil
- ½ teaspoon salt

Heat oven to 400 degrees. Place vegetables in ungreased rectangular pan, 9x13 inches. Stir in vegetable oil and salt. Bake 30 minutes or until vegetables are tender when pierced with fork.

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