

FEBRUARY

NEWSLETTER HUTCHINSON AREA WOMEN OF TODAY



FROM THE PRESIDENT

Winter Wonderland Update: Happy February! Spring is only 48 days away! Who's excited?? I was fortunate to have attended the winter convention in Minneapolis representing HAWT. It was a memorable weekend of learning, sharing what's working, gathering ideas & celebrating successes. I hope you can join me next time!

Mark your calendar, annual convention is May 18-20 in Alexandria with an Aloha theme.

Save the date for the Fall convention, there will have be a graduation ceremony for us!! Back to School & Lookin' Cool...Sept. 28-30 in St. Cloud. This will be a big achievement for us on Saturday, 29th as we will be 2 years old!

I'm excited to see what the future holds for our chapter. What will be our next project? Who will lead on the board? How many new friends will join our chapter this year? I can't wait to see the impact we will have on the community and state this next year.

Let's explore some new ideas at our next meeting and maybe go back and look at some of the possibilities which we have been presented with already.

We've only just begun! *Deb Froemming*



February 3

McLeod for Tomorrow
Winterfest Event
10:00 – 4:00
McLeod County
Fairgrounds

February 7

Annual By-Laws Review
5:00
Einstein's & Caribou

February 13

Board Meeting
5:30
Meeting Place To Be
Determined

February 17

HAWT Coffee Hour
Einstein's & Caribou
Watch FB for time.

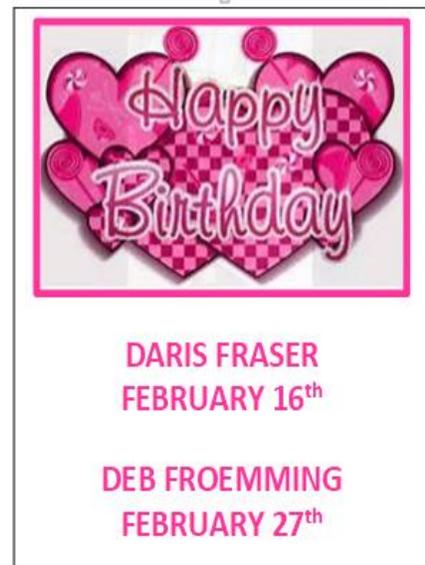
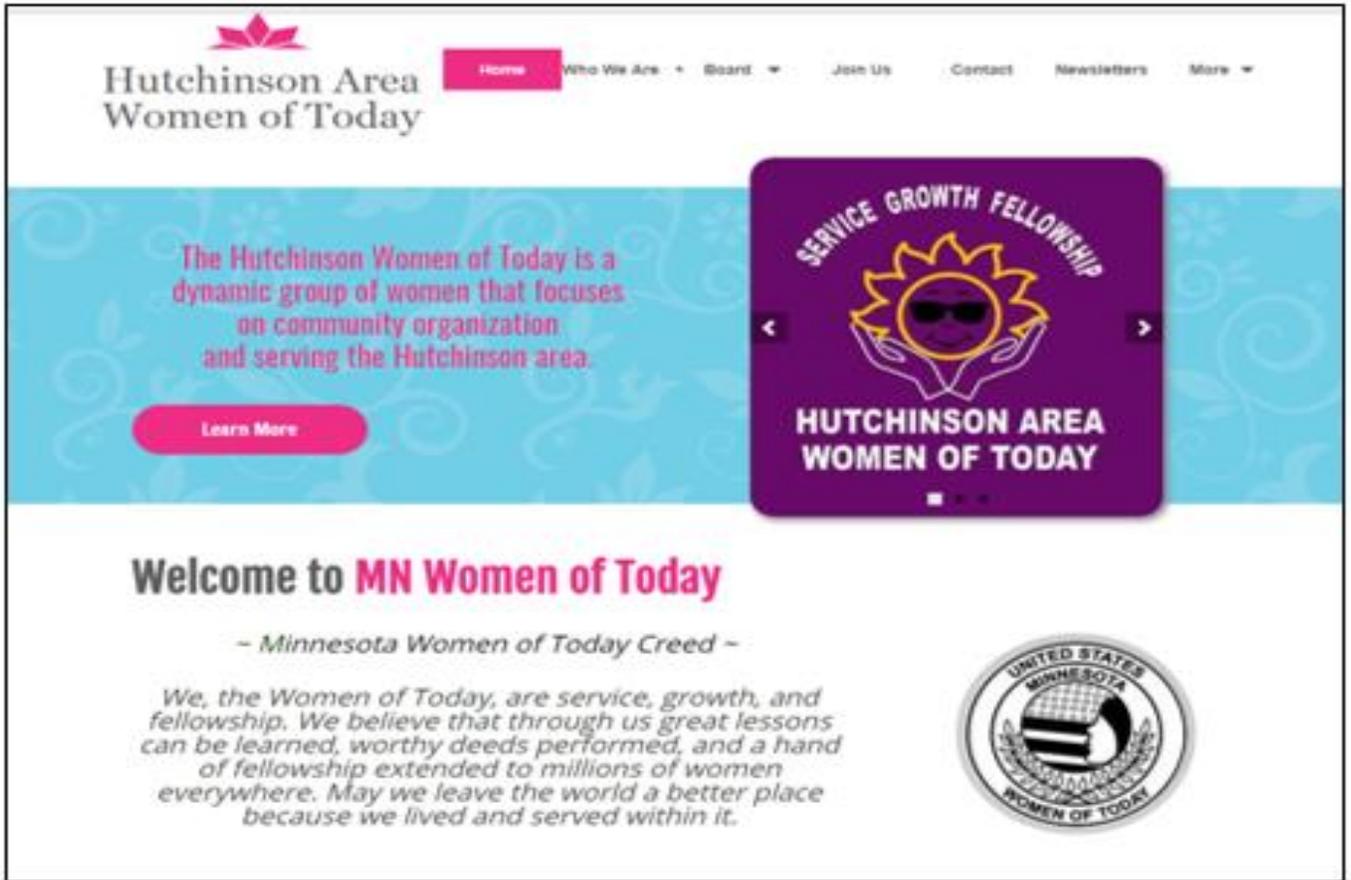
February 27

Member Meeting
6:45
NDMA



HAWT Website!

Thanks to Brenda Sandquist, the HAWT website is up and running! Chapter information, meeting minutes and newsletters. We are hoping to add a Photo Gallery in the future, so keep snapping those pics! The web address is: hutchawt.org. Let Brenda know of any recommended changes or corrections.



I ♥ Your Heart



Take The Pledge

Less

Salt
Junk Food
Second Hand Smoke
Television
Electronics
Stress
Stagnation
Saturated Fats
Weight Gain
Alcohol Intake
High Fat Foods

More

Fiber
Exercise
Fish
Fruits
Veggies
Whole Grains
Low Fat Dairy
Nuts
Legumes
Meditation
Vitamins

Six Steps to Eating Heart-Healthy

Remember: what's *on* your plate is just as important as what to reduce.

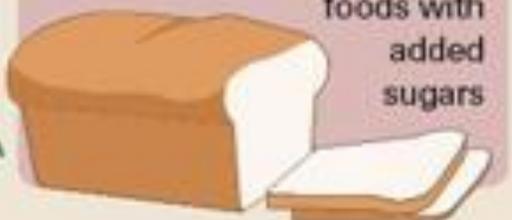
1 Eat fruits and veggies



2 1/2 CUPS VEGGIES **2 CUPS FRUIT**

2 Eat whole grains

and minimize processed foods with added sugars



3 Reduce sodium

Expert tip: boost flavor with dried herbs and spices instead

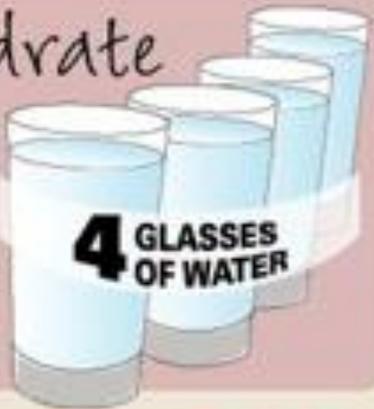


4 Include heart-healthy fats



5 Hydrate

7-8 cups of water per day (64 oz).
No more than one alcoholic drink per day for women.



4 GLASSES OF WATER

6 Replace red meat with fish

12 ounces of fish weekly



2 PIECES OF FISH





Live a Heart-Healthy Lifestyle



Move!

10 minutes a day, along with a nutritious diet, can reduce heart disease risk by as much as **50%**!
30 minutes of exercise most days of the week is even better. Aim for **150** minutes total per week!



Maintain!

a healthy weight.



Breathe!

If you smoke, work hard to quit.



Monitor

your numbers over time (cholesterol, triglycerides, blood pressure, blood sugar).

Raspberries

Your Heart Will Love You Back

8 GRAMS OF FIBER

44%
DAILY VALUE OF VITAMIN C

64
CALORIES



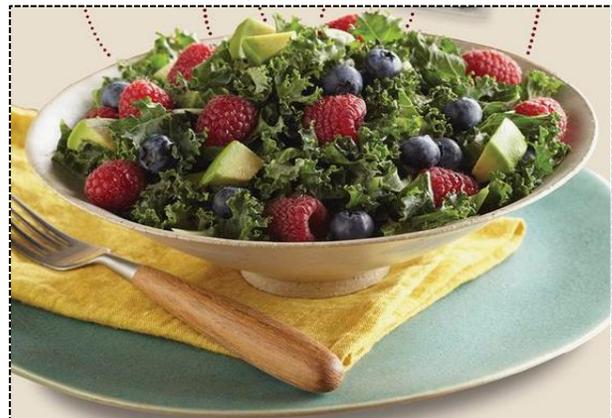
1 CUP OF BERRIES

36%
DAILY VALUE OF MANGANESE

32%
AMOUNT BY WHICH BERRIES CUT RISK OF HEART ATTACK IN WOMEN WHO EAT 3 OR MORE SERVINGS WEEKLY

Raspberry & Blueberry Kale Salad

- 1 Bunch kale, thick stems removed and leaves thinly sliced
- 1 Ripe avocado diced
- 3 Green onion, thinly sliced
- 2 Tablespoons lime juice
- ½ teaspoon salt
- 2 - 6 ounce packages of raspberries
- 2 - 6 ounce packages of blueberries





Winterfest is bigger and better than ever this year, thanks to your fantastic turnout in the past years!

This year will host many attractions, including \$2 Dogsled rides, the Raptor Center with their Owl, Hawk, Bald Eagle, and Falcon. Alpacas from Abbey Alpacas, a snow mountain for children to play on, snowmobile rides, snow shoeing, an ice skating rink, a chance to meet the Frozen characters Anna, Elsa, and Olaf along with their friends Belle, Cinderella, Sleeping Beauty, Pocahontas, and Merida. We also have a coloring contest, face-painting, a silent auction and a Winterfest vendor area for those like to shop. Keep an eye on our page for more new items.

Saturday, February 3, 2018 marks the 6th annual McLeod for Tomorrow Winterfest event at the McLeod County Fairgrounds. The event will begin at 10am, and all are welcomed to stop by and enjoy the fun any time until 4pm. Admission is free, and food and beverages are available for a nominal cost, benefitting McLeod for Tomorrow events and leadership program.

