

Harmony Lifestyle Guide

September 2011

Don't Skip Breakfast to Cut Calories

When you're trying to lose weight, cutting out breakfast may be tempting. You figure you're saving yourself some calories and you get a couple extra minutes to snooze. But research has consistently shown that the people who successfully lose weight are the ones that wake up and eat! Furthermore, people who eat breakfast regularly have better vitamin and mineral status and eat fewer calories from fat. So it seems that breakfast really is the most important meal of the day.

Eat Early, Weigh Less Later

Why does eating breakfast help people lose weight? It defies common sense that eating all those calories in the morning instead of simply skipping them would help. Many studies, in both adults and children, have shown that breakfast eaters tend to weigh less than breakfast skippers.

One theory suggests that eating a healthy breakfast can reduce hunger throughout the day and help people make better food choices at other meals. While it might seem as though you could save calories by skipping breakfast, this is not an effective strategy. Typically, hunger gets the best of people who skip breakfast, and they eat more at lunch and throughout the day.

Another theory behind the breakfast-weight control link implies that eating breakfast is part of a healthy lifestyle that includes making wise food choices and balancing calories with exercise. For example, consider the successful weight losers followed by the National Weight Control Registry, all of whom have lost at least 30 pounds and kept it off for at least one year. Some 80% of the people in the Registry regularly eat breakfast (and also follow a calorie-controlled, low-fat diet). It's worth noting that most studies linking breakfast to weight control looked at a healthy breakfast containing protein and/or whole grains—not meals loaded with fat and calories.

Eating breakfast also gives you energy to do more physical activity and be more productive in everything you do, which is also vital to weight control. So make the effort to get up in the morning and fix yourself a healthy meal.

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aquatics



fitness



life enrichment



sports



youth programs



outdoor adventure



social programs

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**HARVEST
FESTIVAL**
HARMONY

OCTOBER 14-16, 2011

Rides, Rockin' and Rollin'
Public Welcome - Corner of US 192 and Five Oaks Drive

Enjoy three days of fun carnival rides, a car show, crafts, family activities, live music, food and more.

FRIDAY: 3-9PM
SATURDAY: 10AM-9PM
SUNDAY: 12-6PM

To view full weekend schedule and receive discount carnival tickets visit HarmonyHarvestFestival.com.

Harmony is located on US 192, 30 minutes from Disney and Melbourne, and 20 minutes from Lake Nona Medical City.



Recipe of the Month

Orange Rolls

Keep any remaining rolls in the baking pan. Cover pan with foil, and store it in the refrigerator. To reheat, place foil-covered pan in a 300° oven for 15 minutes or until rolls are warm. Yield: 2 dozen (serving size: 1 roll)

INGREDIENTS

- 1 package dry yeast (about 2 1/4 teaspoons)
- 1/2 cup warm water (100° to 110°)
- 1 cup sugar, divided
- 1/2 cup reduced-fat sour cream
- 2 tablespoons butter, softened
- 1 teaspoon salt
- 1 large egg, lightly beaten
- 3 1/2 cups all-purpose flour, divided
- Cooking spray
- 2 tablespoons butter, melted
- 2 tablespoons grated orange rind
- Glaze:
- 3/4 cup sugar
- 1/4 cup butter
- 2 tablespoons fresh orange juice
- 1/2 cup reduce-fat sour cream

PREPARATION

1. To prepare dough, dissolve yeast in warm water in a large bowl; let stand 5 minutes. Add 1/4 cup sugar, 1/2 cup sour cream, 2 tablespoons softened butter, salt, and egg, and beat with a mixer at medium speed until smooth. Lightly spoon flour into dry measuring cups; level with a knife. Add 2 cups flour to yeast mixture; beat until smooth. Add 1 cup flour to yeast mixture, stirring until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
2. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour and 15 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
3. Punch dough down; cover and let rest 5 minutes. Divide dough in half. Working with 1 portion at a time (cover remaining dough to prevent drying), roll each portion of dough into a 12-inch circle on a floured surface. Brush surface of each circle with 1 tablespoon melted butter. Combine 3/4 cup sugar and rind. Sprinkle half of sugar mixture over each circle. Cut each circle into 12 wedges. Roll up each wedge tightly, beginning at wide end. Place rolls, point sides down, in a 13 x 9-inch baking pan coated with cooking spray. Cover and let rise 25 minutes or until doubled in size.
4. Preheat oven to 350°.
5. Uncover dough. Bake at 350° for 25 minutes or until golden brown.
6. While rolls bake, prepare the glaze. Combine 3/4 cup sugar, 1/4 cup butter, and orange juice in a small saucepan; bring to a boil over medium-high heat. Cook 3 minutes or until sugar dissolves, stirring occasionally. Remove from heat; cool slightly. Stir in 1/2 cup sour cream. Drizzle glaze over warm rolls; let stand 20 minutes before serving.

Maintaining Your Diet

Before you get too excited and go out for a Denny's™ Grand Slam Breakfast, keep in mind that your breakfast should consist of healthy items that are in line with your current dietary weight-loss goals. Members of the National Weight Control Registry report eating cereal and fruit for breakfast. While these are certainly healthy options, eggs have also been shown to offer several benefits.

Eggs have a greater satiety value than cereal and white bread. This means that they are more satisfying in giving you that feeling of fullness, while you may actually be eating less. One of the reasons for this is that eggs are high in protein, which is known to increase satiety. Proteins also have a higher thermic effect, meaning that it takes more calories to digest them. Studies have compared an egg breakfast to a bagel breakfast of the same caloric value and weight. Researchers at Louisiana State University's Pennington Biomedical Research Center discovered that people who ate the eggs for breakfast ate less at lunch and less throughout the rest of the day compared to people who ate the bagels, even though they had the same amount of calories for breakfast.

In the past, eggs have had a bad rap because of their high cholesterol content.

However, eggs today have lower cholesterol counts than in the past due to the healthier feeds given to chickens. Additionally, research has shown that moderate egg consumption of about 1 per day does not increase the risk of coronary heart disease in healthy individuals. If the cholesterol count is a concern, then egg whites, which are free of cholesterol yet rich in protein, are a good alternative. Eggs are also a good source of essential nutrients riboflavin, vitamin B12, phosphorus, selenium and protein.

If you aren't too keen on eggs, try low-fat or non-fat dairy products like yogurt, which are also high in protein. High-fiber complex carbohydrates like whole-grain breads and cereals will keep you satisfied. Fiber also increases that sensation of fullness. Overall, whether you choose eggs, cereal or fruit, your breakfast should fall in line with your dietary weight-loss goals. Choose foods that fit your lifestyle and that you will enjoy.

Healthy Tips

FOR September

Keep thinking positive; you can't be unhappy if you are singing or smiling!

Practice strength training during 'down' times while doing other activities. Do counter pushups while waiting for water to boil or the oven to heat up. Do pile squats while brushing your teeth.

Don't kill yourself trying to do three or four workouts a week if you know you can only realistically fit in two. You will be less likely to bail on your fitness attempts if they are realistic, achievable and fun.

Lifestyles

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar Subject to Change.</p> <p>www.eventsat.harmony.com for last minute changes.</p>				<p>1</p> <p>Crafty Ladies 1:00pm Enrichment Center</p> <p>After School Hangout 3-5pm Ages 9-14 Enrichment Center</p>	<p>2</p> <p>First Friday Fishing 7:00pm Buck Lake</p>	<p>3</p> <p>Coffee Social 9am Enrichment Center</p> <p>Boater Orientation 10am Buck Lake</p> <p>Resident Luau 5pm</p>
<p>4</p>	<p>5</p> <p>Labor Day Kids Day Camp 8:30am-5:30pm \$25.00 a child Email activities@harmonyfl.com to RSVP</p>	<p>6</p> <p>After School Hangout 3-5pm Enrichment Center</p> <p>Genealogy Club 7:00pm Enrichment Center</p>	<p>7</p> <p>Toddler Story Time 11:30am Enrichment Center</p> <p>After School Hangout 2-5pm Ages 9-14 Enrichment Center</p>	<p>8</p> <p>After School Hangout 3-5pm Ages 9-14 Enrichment Center</p>	<p>9</p> <p>First day of new access cards working. Old keys will not work after 9/9/11. Visit www.harmonycdd.org for more information.</p>	<p>10</p> <p>Ping Pong Tournament 6pm Enrichment Center</p>
<p>11</p>	<p>12</p> <p>Sunset Trail Hike 6:30pm</p>	<p>13</p> <p>After School Hangout 3-5pm Ages 9-14 Enrichment Center</p> <p>Relay For Life Meeting 6:00pm Enrichment Center</p> <p>Book Club 7:00pm Enrichment Center</p>	<p>14</p> <p>After School Hangout 2-5pm Ages 9-14 Enrichment Center</p> <p>Neighborhood Watch 6:30pm Enrichment Center</p>	<p>15</p> <p>Crafty Ladies 1:00pm Enrichment Center</p> <p>Kids Afternoon Hangout 3-5pm Enrichment Center</p>	<p>16</p> <p>Dean Martin Celebrity Roasts 7:00pm Enrichment Center</p>	<p>17</p> <p>Campfire 7pm Cat lake</p>
<p>18</p>	<p>19</p> <p>Conservation Café 6:30pm</p>	<p>20</p> <p>After School Hangout 3-5pm Enrichment Center</p> <p>Photography Club 7:00pm Enrichment Center</p>	<p>21</p> <p>Toddler Time 11:30am Enrichment Center</p> <p>After School Hangout 2-5pm Enrichment Center</p>	<p>22</p> <p>After School Hangout 3-5pm Ages 9-14 Enrichment Center</p>	<p>23</p> <p>Shuffleboard Tournament 10am Enrichment Center</p>	<p>24</p> <p>Movie Night Sunset Town Square</p>
<p>25</p> <p>BBQ Club 5:00pm Enrichment Center</p>	<p>26</p> <p>Evening Bike Ride 6:30pm</p>	<p>27</p> <p>After School Hangout 3-5pm Ages 9-14 Enrichment Center</p> <p>Creative Writing 7:00pm Enrichment Center</p>	<p>28</p> <p>Harmony High School Homecoming Parade 5pm All through Harmony</p>	<p>29</p> <p>Crafty Ladies 1:00pm Enrichment Center</p> <p>After School Hangout 3-5pm Enrichment Center</p>	<p>30</p> <p>Teen Night 7-11pm Enrichment Center</p>	

Program Descriptions

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<http://www.eventsatharmony.com>



Facebook.com/
harmonyfl



@HarmonyFL

After School Hangout: Music, board games, video games, movies, friends, and more. This afterschool hangout is designed for ages 9-14.

BBQ Club: Do you like to cook, smoke, eat and talk BBQ?? Then come out and join the Harmony "BBQ Buddies". The only neighborhood club where you can eat your projects!

"Give man some BBQ and he will eat it and take a nap. Teach man to BBQ and he will feed you forever"

Book Club: Do you enjoy reading? Come out and discover new books. Club sponsored by Osceola Library.

Boater Orientation: Come learn the basics of using one of the electric boats in Harmony. This class is needed for any resident that wants to check out the boats in Harmony

Campfire: Smores and more at our monthly campfire for Harmony residents.

Coffee Social: A great way to start your morning with coffee and talking with fellow Harmony residents.

Conservation Cafe: Join us every third Monday evening of the month at 6:30pm. We have guest speakers, nature walks, and more

Crafty Ladies: Let's create something together while spending time with other ladies in Harmony.

Creative Writing Class: Do you like to write poetry, short stories, etc? If so, come out and join this resident led group that will help you brainstorm, critique, or inspire you with a variety of ideas.

Dean Martin Celebrity Roasts: Do you remember watching the Celebrity Roasts of the 70s and 80s? Come join us as we re-live the classics.

Evening Bike Ride: Join a group of Harmony residents on a leisurely ride through Harmony

First Friday Fishing: Join us at Buck Lake the first Friday of every month for a fun evening of fishing. Bring your own pole or you can borrow one from Thomas, the Dock Master.

Labor Day Kids Camp: A full day of fun activities for kids while school is out. Cost is \$25.00 a child. 8:30am-5:30pm. Email activities@harmonyfl.com to RSVP

Movie Night: Join us at the Harmony Town Square for a fun family movie.

Photography Club: Photographers needed to be a part of this exciting new club. Learn new techniques, about new equipment, and much more.

Ping Pong Tournament: A fun challenge for Harmony residents. Do you have what it takes to win it all?

Shuffleboard Tournament: Come and show off your skills at the 1st annual Harmony shuffleboard Tournament.

Sunday Fun Day: Join us on Sundays for a pool party at the Swim Club pool.

Sunset Trail Hike: Join Harmony residents on a relaxing walk on one of the natural trails of Harmony.

Teen Night : A chance for all the teens in the community to get together with friends.

Toddler Time: A great opportunity for toddlers to play and grow with other children their age through dances, crafts, story time, and other group activities.