



Employee Newsletter

May/June 2025



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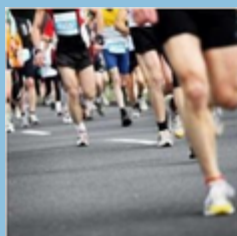
Life Program Coordinator at MCPH
Newsletter, quizzes and challenges

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LIFE points voucher contact

Upcoming Opportunities



Braveheart 5K of NC

The Braveheart 5K of NC is on Saturday June 14, 2025. It includes the following events: 5K and Rob Roy Fun Run (10 and Under).

 Braveheart 5K of NC

Do you have information about upcoming events? Let us know!

Best Tips for Losing Belly Fat



Losing belly fat can be challenging, but it's definitely achievable with a combination of healthy habits. Here are some effective tips:

- **Eat a Balanced Diet:** Focus on whole foods like fruits, vegetables, lean proteins, and whole grains. Avoid processed foods and sugary drinks.
- **Increase Soluble Fiber:** Foods like oats, beans, and fruits can help you feel full and reduce fat accumulation.
- **Stay Active:** Incorporate both aerobic exercises (like walking, running, or swimming) and strength training to burn calories and build muscle.
- **Get Quality Sleep:** Poor sleep can disrupt hormones that regulate appetite and fat storage.
- **Manage Stress:** High stress levels can lead to weight gain, especially around the belly. Try relaxation techniques like yoga or meditation.
- **Limit Alcohol:** Excessive alcohol consumption can contribute to fat gain, so moderation is key.
- **Stay Hydrated:** Drinking water can help with digestion and reduce bloating.

Consistency is crucial, so aim to make these habits part of your daily routine.



Anti-Inflammatory Breakfast Bowl

INGREDIENTS	INSTRUCTIONS
<ul style="list-style-type: none"> • 1 small acorn squash, peeled, seeded and coarsely chopped (about 4 cups) • 2 small red beets, peeled and cubed (¾-inch; about 2 cups) • 4 tablespoons extra-virgin olive oil, divided • 1½ teaspoons salt, divided • ¾ teaspoon ground cumin, divided • ¾ teaspoon smoked paprika, divided • ¾ teaspoon pepper, divided • 1 medium head broccoli, cut into florets (1½-inch; about 4 cups) • 6 large eggs • 6 tablespoons tahini • ¼ cup lemon juice (from 2 lemons) • 2 tablespoons water • 2 cloves garlic, grated • 3 cups cooked quinoa • 1 (15-ounce) can no-salt-added black beans, rinsed 	<ol style="list-style-type: none"> 1. Preheat oven to 425°F with racks in top and bottom third positions. Toss chopped squash, cubed beets, 2 tablespoons oil and ½ teaspoon each salt, cumin, smoked paprika and pepper together on a large rimmed baking sheet until evenly coated; spread into an even layer. Roast on the bottom rack, stirring once, until lightly browned and tender, about 30 minutes. 2. Meanwhile, toss broccoli florets with the remaining 2 tablespoons oil, ½ teaspoon salt and the remaining ¼ teaspoon each cumin, smoked paprika and pepper on another large rimmed baking sheet until evenly coated; spread in an even layer. Roast on the top rack until browned and tender, about 15 minutes. 3. Meanwhile, bring a medium saucepan of water to a boil over high heat and set a medium bowl of ice water next to the stove. Gently use a spoon to lower 6 eggs into the boiling water; reduce heat as needed to maintain a steady simmer. Simmer, gently stirring occasionally, for 6 minutes. Transfer the eggs to the ice bath; let cool for 2 minutes. Drain the eggs and set aside. 4. Whisk 6 tablespoons tahini, ¼ cup lemon juice, 2 tablespoons water, grated garlic and ¼ teaspoon salt together in a small bowl until creamy and smooth. 5. Stir 3 cups cooked quinoa and the remaining ¼ teaspoon salt together in a medium bowl; divide among 6 bowls. Top with black beans, roasted squash mixture and roasted broccoli. Peel the eggs under running water, discarding shells; cut each egg in half lengthwise and place on top of the breakfast bowls. Drizzle each bowl with the tahini mixture.

Email a selfie of you trying this recipe to kloughborough@maconnnc.org and earn 2 LIFE points! (Max 6 points available per fiscal year)