Food Labels and How to Use Them

1. Serving Size
Serving sizes are standardized to make it easier to compare similar foods. The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label.

2. Calories
Calories provide a measure of how much energy you get from a serving of the food. The calorie section of the label can help you manage your weight. REMEMBER: the number of servings you consume determines the number of calories you actually eat (your portion amount).

3. Nutrients
The nutrients listed in the blue are the ones that Americans eat adequate amounts of or even too much. The nutrients identified in blue you want to LIMIT THESE. These may also increase your risk of certain chronic diseases like heart disease, some cancers or high blood pressure.

The nutrients in yellow are identified as GET ENOUGH OF THESE NUTRIENTS. Most Americans don’t get enough dietary fiber, vitamin A, Vitamin C, calcium and iron in their diets. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

4. The Percent Daily Values (%DV)
The % Daily Values (outlined in dark yellow) are based on the daily value of recommendations for key nutrients but only for 2,000 calorie diet, not 2,500 calories. The %DV help you determine if a serving of food is high or low in a nutrient. Each nutrient is based on 100% of the daily requirements for that nutrient. This way you can tell high from low and know which nutrients contribute a lot, or a little, to your daily recommended allowance.
Fitness 101: Fitness Equipment Orientations

Fitness equipment orientations will be held this month on the following times and dates:

- Tues., Feb. 2 @ 10am
- Thurs., Feb. 4 @ 10am
- Wed., Feb. 3 @ 3pm
- Wed., Feb. 24 @ 10am

Sign-ups are not required if interested in participating. Show up the day of the scheduled session in the KLARC lobby. If you have any questions please contact Annette Stutzman.

New Year’s Resolution Challenge

Having trouble sticking to your New Year’s Resolution or you want to become more fit and healthy but don’t know where to start? This is a great program for you!

- Each participant will meet with a trainer every 3 to 4 weeks to receive a workout that consists of weight training program, ab/core work, and recommended cardiovascular workout.
- First meeting date Monday, February 1st. Trainer will contact each participant for meeting time on Feb. 1st.
- At time of meeting the trainer will show you how to do each of the exercises properly
- You will do the workout on your own for the 3 weeks and record your progress
- Participants will meet with trainer 5 times throughout semester.
- Last day to sign up is Friday, February 5th. Space is limited so sign up now!

For more information please contact Annette Stutzman.

Sign Up at the front desk of the KLARC or contact Annette Stutzman by e-mail or phone

Fit 3-0 Group Fitness Incentive Program

To introduce new and exciting ways to keep your workout routine fresh while improving participants overall cardiovascular and muscular health.

- Sign up at the front desk of the KLARC or contact Annette Stutzman. Last day to sign up is Friday, February 12th
- Participants will receive a FIT 3-0 card from the front desk monitor of the KLARC. Each time you come to a Group Fitness Class present your card to the front desk monitor and they will stamp the card for you.
- Participants must attend 30 group fitness classes throughout the spring semester.
- The FIT 3-0 program will end the last day of class Tuesday, May 4th.
- Each participant that attends 30 group fitness classes will receive a prize pack.
- You will collect your prizes at the front desk of the KLARC

If you have any questions please contact Annette Stutzman via e-mail or by phone (570)577-1465.