

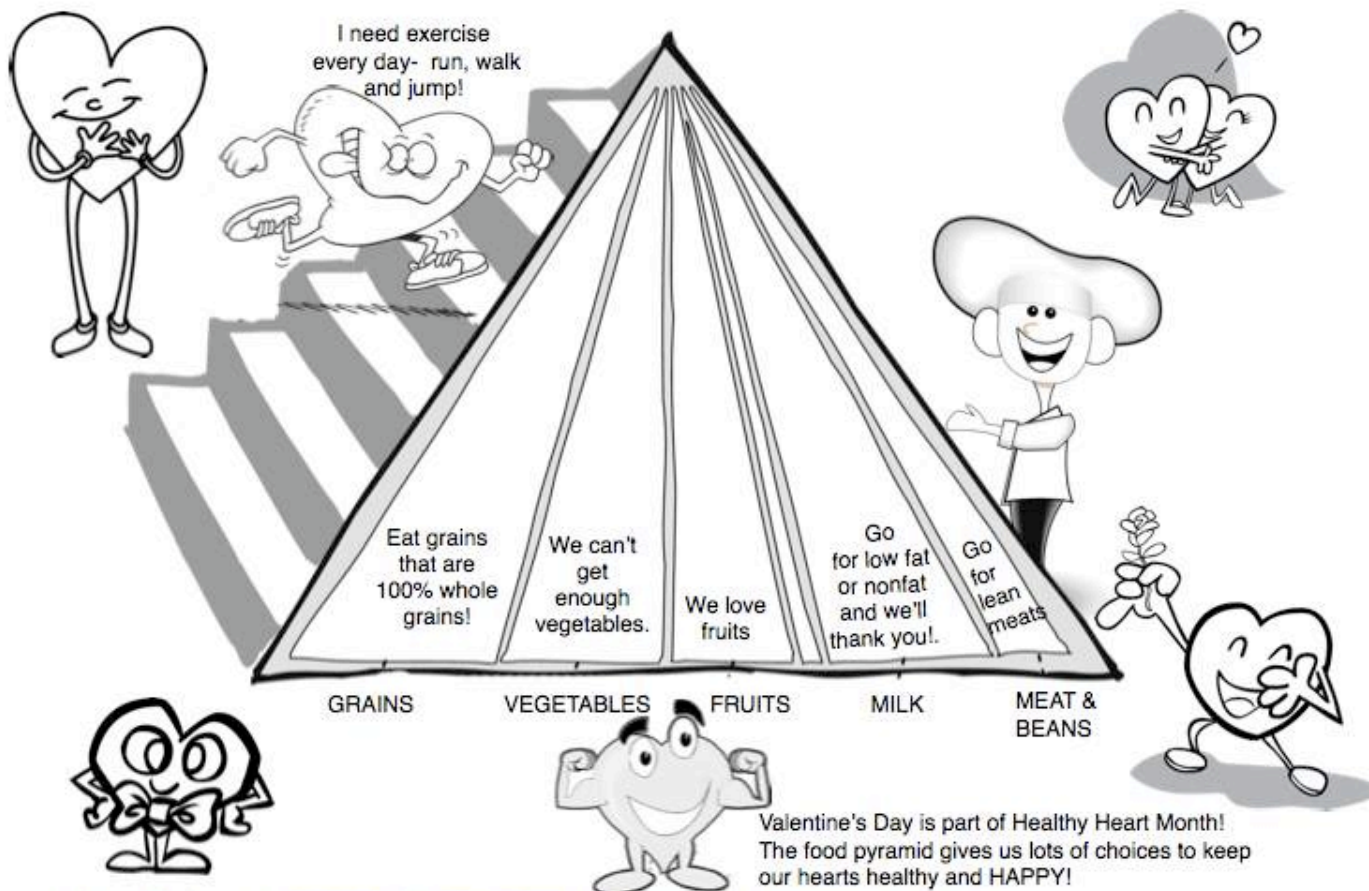


February is American Heart Month OWL-WAYS take steps to help your heart!

Steps to take control of your heart's health:

1. Don't smoke
2. Manage blood pressure and cholesterol
3. Make heart-healthy eating changes
4. Stay active

Your Heart Loves Foods From the Food Pyramid



Visit www.ChefSolus.com for free valentine's day nutrition printables, nutrition education games, puzzles, activities and more!

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P2W Ambassador Highlight

Hello everyone! My name is Haley Johnson and I'm a senior from Tupelo, Mississippi. I'm graduating this May with my Bachelors in Speech Language Pathology and I'll start working on my Doctorate in Audiology this fall. I'm a member of the W Leadership Program, the Honors Mentorship Program, the Silhouette Social Club, NSSLHA, and of course, Passport to Wellness. In my spare time I like to do yoga, hike, try out new recipes, cross stitch, thrift shop, and read true crime novels.

What's my tip for living a healthier lifestyle? Don't drink your calories!

Mini Cheesecake with Strawberry Sauce



Cheesecake:

- ½ cup granulated sugar
- 2 (8 oz.) Greek yogurt cream cheese, softened
- 2 large eggs
- ¼ cup fat free sour cream or plain yogurt
- 3 Tbsp. evaporated skim milk
- 1 tsp vanilla extract

Crust:

- 1 ¼ cups graham cracker crumbs
- 3 Tbsp. salted butter, melted

Optional Strawberry Sauce:

- 8 oz. fresh strawberries
- 1 Tbsp. sugar, optional
- 2 tsp fresh lemon juice

Garnish with fresh strawberries or strawberry sauce, if desired. Preheat oven to 350 degrees. In a mixing bowl whisk together graham cracker crumbs and melted butter until evenly moistened. Divide mixture among 20 paper lined muffin cups, adding about 1 ½ Tbsp. to each cup (use paper liners, don't use foil liners) and press mixture in each cup into an even layer. Bake in preheated oven 5 minutes then remove from oven and set aside to cool. Reduce oven temperature to 325 degrees.

In a stand mixer combine granulated sugar and Greek yogurt cream cheese together until smooth. Stir in eggs one at a time, mixing just until combined after each addition. Blend in sour cream/yogurt and evaporated milk. Stir in lemon juice, lemon extract and vanilla extract. Tap mixing bowl against counter top to release some of the air bubbles, about 30 times. Divide mixture

among muffin cups, pouring mixture over crusts and filling each nearly full. Bake in preheated oven 20 - 25 minutes until centers only jiggle slightly (cheesecakes will become puffed and domed, but will sink when removed from oven). Allow to cool to room temperature, about 1 hour, then refrigerate until set, at least 2 hours.

Add strawberries, 1 Tbsp. sugar if needed and 2 tsp lemon juice to a food processor and blend until pureed. Chill in refrigerator until ready to use.

Yield: 20 cheesecakes

Nutrition Info (per cheesecake): 104 calories, 10g carbohydrates, 4g fat, 5g protein

Recipe provided by Project CHEW



Fitness move provided by Campus Recreation

Introducing Restorative Yoga

Tuesdays from 6:15 - 7 p.m. | Stark Aerobic Studio

-- SPACE IS LIMITED --

Restorative Yoga is a fairly new variation of classic yoga. Restorative Yoga relies on supportive props rather than exertion to achieve the poses. The result is complete relaxation and rest.

Instructors are Peppy Bidy, Ann Buster and Marion McEwen

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