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We Offer a Wide Variety of Classes:

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- Workshops
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Virginia Eaton's Sierra News Online Blog

News about Health, Wellness and Longevity in Virginia's Weekly Blog

Welcome to Class!

We are a longevity-focused facility and our aim is to proactively plan the best combination of nutrition, exercise and information for each individual member. Class has been purposely designed to offer healthy distractions from stress or routine. The Massage Room, Computer Bar, eclectic Library, complimentary coffee and tea in our kitchen are where you come to get fit, find resources to improve the condition of your life and to discover alternatives to those habits we know require some alterations. We invite you to our facility to talk with owner/creator, Virginia Eaton.



"You can't tread water around health: it is in the combination of activities - fitness, nutrition, information and education - that best offers the path to Longevity."

Making Changes

By Julie Elstner, Class Member

Responsibility from childhood on has been a part of our lives. Not just a part, a MAJOR part. As a child we were responsible for our grades, cleaning up our rooms, for being home on time, for our actions. And as an adult ... well, take the kid responsibilities and multiply them by a thousand: Work, responsibility to one's family, spouse, friends, keep up the house and the yard, provide a vacation, do homework with the kids, grocery shop, cook meals, set up and go to doctor and dentist appointments for the kids, pay bills ...

Let's think about a very important responsibility that is usually left off the list.

YOU. Being responsible for yourself. Do you save enough time to do something YOU enjoy, something that refreshes, energizes or calms you? It can be the simple things: take a hot bath, read a good book, sing in the choir, go to movies ... something that nourishes who YOU are.

It was quite the revelation when one day I realized that my good health was up to me. After a heart issue, I finally "got it" that eating the convenient junk food way too often and only occasionally taking a walk needed to change. Change can be difficult, so to empower myself into action, I began using this simple phrase: I DESERVE.

Now when I come home famished, I take the time to cook for myself, or

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Recipe of the Month

Healthy Edge High Octane Oatmeal

This recipe is gluten-free, dairy-free and vegetarian

*1/2 cup steel cut oatmeal
2 tbsp almond butter
1 banana, well ripened, peeled
1 tsp honey
1/4 cup dried cranberries
Pinch of sea salt
1/8 tsp ground paprika
1/8 tsp ground cinnamon
1/2 cup unsweetened coconut milk*

1. Add 2 cups water to a saucepan over high heat. Bring to a boil. Add oatmeal, reduce heat to low and simmer, uncovered and undisturbed for approximately 20 minutes.

2. While the oatmeal is cooking, mash banana with a fork to a semi-creamy consistency in a separate bowl. Set aside.

3. At the 20-minute mark, stir in almond butter, mashed banana, honey, cranberries, sea salt, paprika and cinnamon. Cook for an additional 4-5 minutes or until the oatmeal is tender, but still a little chewy. Remove from heat.

4. Stir in coconut milk before serving.

-For a spicy kick, stir in 1 dried New Mexico chile pepper, seeds removed and chopped before adding the almond butter and remaining ingredients. Top with fresh diced jalapeno pepper.

-You may replace dried cranberries with raisins or dried cherries.

**REMEMBER, if you have a gluten or wheat allergy; be sure that all canned and packaged products are manufactured in a gluten-free facility. Contact the manufacturer for this information.*

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to make a fresh salad, because I DESERVE to eat healthy. I radically reduced (not eliminated) the caffeine in my life and my heart's reaction let me know it was the right thing to do. Listen to your body's feedback for more incentive because you DESERVE to be healthier.

I need additional motivation for things I may not particularly enjoy, so once again I employed my mantra: I DESERVE to live in a clean house. I DESERVE a beautiful yard. I DESERVE to go to the gym. I DESERVE to buy healthy food.

Empowering myself has made a difference. I've lost weight, my heart no longer does its hyper drum roll, my body has more tone and flexibility, and I've begun to transfer my ideas into reality. We are entitled to be healthy and happy, and it is our responsibility to make it happen.

As James Brown sang, "I feel good!"

And I DESERVE it.

Macromolecules

By Duncan Ellinwood

Life on earth is staggeringly diverse, but this amazing diversity arises from only a handful of building blocks. The large molecules, or macromolecules, found in every living thing – from the smallest bacteria to blue whales – come in only four varieties: carbohydrates, lipids, proteins and nucleic acids. These macromolecules are so integral to living things because they are an orderly arrangement of many atoms that exhibit properties not found in any of their constituent parts, or emergent properties, that are essential to life. Three of the macromolecules, carbohydrates, proteins and nucleic acids are polymers, meaning they are composed chiefly of the same or similar repeated units bound together. The individual building blocks that compose a polymer are monomers, which are linked together by enzymes (themselves proteins) into long chains. Lipids have a slightly different structure, but are still composed of multiple units bound together, although in a less linear fashion. Humans obtain all of these molecules from food; in fact they are food. However, macromolecules obtained from food are initially too large to pass through the wall of the small intestine and into the body. Macromolecules are broken down by the process of chemical digestions into units small enough to enter the body. This process occurs when enzymes break the bonds between molecules to reduce polymers to monomers and lipids to their constituent parts. These units can then enter the body and be transported in the blood to every cell in the body. Cells can then use these building blocks to construct living organisms, so you really are what you eat.



Coming Next Month

Karmen Karma talks "Impossible Bodies"