

# WELLNESS MONTHLY

Exercise | Nutrition | Happiness

## Double Chocolate Granola Bars

### Ingredients:

~ 1/4 c peanut butter ~ 2 tbsp. dark chocolate chips ~ 1 tbsp. coconut oil ~ 1 tbsp. unsweetened cocoa powder ~ 3 c gluten free or whole wheat Chex (or cereal of choice) ~ 1/2 c protein powder

### Directions:

In a microwave safe bowl, melt the peanut butter, coconut oil, & chocolate chips together in 15 second intervals until smooth. Stir in cocoa powder. Place Chex in a large bowl & pour melted peanut butter mix over it. Use a spatula or wooden spoon to stir until the Chex are completely coated in the peanut butter. Pour protein powder into the bowl & continue to stir until the protein is completely incorporated & coats all the cereal. Enjoy!

Recipe from [peanutbutterpluschocolate.com](http://peanutbutterpluschocolate.com)

## Workout

10 sec. run in place ~ 30 sec. high knees ~ 15 push-ups ~ 3 sets ~ 10 sec. run in place ~ 30 sec. burpees ~ 15 v-ups ~ 3 sets ~ 10 sec. run in place ~ 15 squat jumps ~ 25 arch-ups ~ 3 sets ~ Workout from my coach



## BMI vs. Body Fat Percentage

There are two ways to measure your health & fitness: body mass index (BMI) & body fat percentage. Though many people talk about them interchangeably, BMI & body fat percentage should be used for different stages in your fitness journey. With an understanding of how each is used, you'll be able to track your fitness progress with ease & clarity.

### Simplify with BMI

BMI stands for body mass index. The two factors used to determine your BMI are your height & weight. Doctors often use BMI as simple & easy way to measure if a person is healthy, underweight or overweight.

It's important to note that a BMI score isn't a hard rule about what a person should weigh, it's just an educated guess.

### If You Work Out, BMI Isn't For You

BMI does have 1 major drawback-it doesn't take into account how much of your weight is muscle & how much is fat.

If you are an athlete or active, you are going to have more weight in muscle than the average person, & your BMI may not accurately reflect your health & fitness, or how healthy & fit you look. Many athletes have a higher than normal scale

## Healthy Chocolate Whoopie Pies

### Ingredients

- ~ ½ cup Coconut Flour
- ~¼ cup Granulated Erythritol
- ~¼ cup Unsweetened Dutch Processed Cocoa Powder
- ~ ¾ tsp Double Acting Baking Powder
- ~ ⅛ tsp Salt
- ~ ¼ cup Coconut Oil, melted
- ~ ¼ cup Unsweetened Vanilla Almond Milk, room temp
- ~ 4 Large Eggs, room temp
- ~ 1 tsp Vanilla Extract
- ~ ½ tsp Stevia Extract

### Directions:

Preheat the oven to 350 degrees Fahrenheit and line two baking sheets with parchment paper. In a small bowl, add the coconut flour, erythritol, cocoa powder, baking powder, and salt. In a large bowl, whisk together the melted coconut oil, almond milk, eggs, vanilla, & stevia extract. Sift the dry ingredients into the bowl with the wet ingredients.

Whisk until the batter is completely even. Use a cookie scoop to portion 12 scoops onto the prepared pans. Bake for ~9 minutes, or until the surface springs back when tapped. Let cool completely. Frost half of the whoopies with your frosting of choice, then sandwich the remaining whoopies on top. Serve and enjoy! Recipe from [dessertswithbenefits.com](http://dessertswithbenefits.com)

weight, despite being active & being lean. It's not unusual for a bodybuilder, football player or basketball player to have a BMI that reads overweight or obese, despite the fact that they are obviously lean & fit. This is where body fat percentage comes in. Body fat percentage is literally measuring what percentage of your body is made up of fat. Everything else is usually referred to as "lean tissue." This gives a more accurate representation of health, fitness & leanness for someone who is physically active. The results of your body fat percentage are determined as follows: For women, 10-12% is essential fat; 14-20% is in the athlete category; 21-24% is fit; 25-31% is acceptable; and 32+ % is obese. For men, 2-4% is essential fat; 6-13% is in the athlete category; 14-17% is fit; 18-25% is acceptable; and 25+ % is obese.

### Body Fat Percentage = Fat Mass ÷ Bodyweight

Let's say there are two women who are the same height & weight: Alice & Melissa. Alice and Melissa are both 5'4" & 140 lbs., & that means they both have a BMI of 24. Alice doesn't work out, & eats junk food. She just controls her junk food portion sizes to keep her scale weight down. Alice has 42 lbs. of fat & 98 lbs. of lean mass. So Alice has 30% body fat. Melissa does a weight training workout & cardio 3 days per week & eats a healthy diet. Melissa has 28 lbs. of fat & 112 lbs. of lean mass. Melissa would be 20% body fat. Eventhough Alice & Melissa both have the same scale weight, they have drastically different looking bodies, & that's reflected in their body fat percentages.

### BMI and Normal Weight Obesity

Over half of Americans have normal BMI, or normal scale weight, & high body fat percentage, according to research reported in 2008. Researchers are now calling this normal weight obesity & report that it's just as unhealthy as having a high scale weight.

### Body Fat Percentage and Abs

Most people in the gym are worried about doing crunches, sit-ups and core strength exercises. Meanwhile, the people who have the leanest stomachs and abs are the ones who changed their diet and are doing intense full body workouts to lower their body fat percentage.

### The Right Tool for the Job

If you aren't working out, or if you are in your first 3 to 6 months of working out, then it's fine to use your BMI to track progress. After that point, your focus should shift away from BMI. In the long term, body fat percentage will be the best gauge of your health and fitness. Article from [livestrong.com](http://livestrong.com)