

First Things First

November is a special time of year. The entire month is devoted to expressing gratitude for all of our blessings from the seemingly insignificant to the most glorious.

As a nation, we pause to give thanks for our many blessings. We stop everything for this one special day each year to simply say, "Thank you!" to our Creator.

There are so many words to express thanks ~ grateful, humbled, appreciative, indebted, obliged ~ and each of those words are apt descriptions of how we feel everyday towards all of you and our wonderful staff who eagerly serve you every day!

*From all of us at Body Buzz, we want to say "Thank You"!
We wish for you a wonderful & uniquely American holiday!*



Fun Thanksgiving Fact

Thanksgiving was first officially called for in all states in 1863 by a presidential proclamation of Abraham Lincoln. He was influenced by the campaigning of author Sarah Josepha Hale who wrote letters to presidents for 40 years trying to make it an official holiday. Lincoln proclaimed a national Thanksgiving on the final Thursday in November. Because of the ongoing Civil War, a nationwide Thanksgiving date was not realized until Reconstruction was completed in the 1870s.



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M.T.W.Th. 630a-730p Fri. 630a-700p

SAT. 800a-Noon SUN. Closed



*Workout 10 Times
in November for a
chance to win a
\$10 Gift Card!*

Thanksgiving Hours

Wed, Nov 27 - Closing at 5:30pm

Thurs/Fri, Nov 28/29 --- Closed



GOOD TO KNOW!

> Did you know **10,000 steps a day** was a marketing gimmick to sell pedometers in Japan in the 1960's? There was never a study done to arrive at that magic number. Recent studies show that people who average 4,400 steps or more have a significantly lower risk of death compared to those taking 2,700 or fewer steps per day. Those benefits continue to increase up to 7,500 steps per day, but don't increase with more than that. Bottom line? Feel great at 4,400 steps a day. **Aim for 7,500 steps a day.**

> In a study of 80,000 adults, scientists found that **participation in any form of strength training was linked with a 23% reduction in all-cause mortality and a 31% decrease in the risk of death via cancer.** More participation meant more benefits: Study subjects who did strength exercise for 66 minutes per week saw slightly more benefits.

> As it turns out, mama was right about eating your veggies. Scientists found that **people who eat three or four servings of vegetables per day have the lowest rates of early mortality.**



IMPORTANT!

If there are changes to your insurance, health history, medications, emergency contacts, address, telephone or email, please let us know! Thank You!

PUMPKIN TURKEY CHILI

Makes 6 servings Calories: 285 Fat: 16.6g (Sat. Fat 7g) Fiber 5.6 Carbs: 14.9g Protein: 21.2g Sugar: 7g

Ingredients

1 TBS vegetable oil
1 cup chopped onion
½ cup chopped green bell pepper
½ cup chopped yellow bell pepper
1 clove garlic, minced
1 pound ground turkey
1 (14.5 ounce) can diced tomatoes
2 cups pumpkin puree
1 ½ TBS chili powder
½ tsp ground black pepper
1 dash salt
½ cup shredded Cheddar cheese
½ cup sour cream

Directions

Heat the oil in a large skillet over medium heat, and saute the onion, green bell pepper, yellow bell pepper, and garlic until tender.

Stir in the turkey and cook until evenly brown. Drain, and mix in tomatoes and pumpkin. Season with chili powder, pepper, and salt.

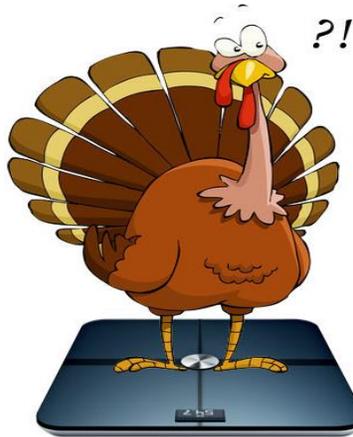
Reduce heat to low, cover, and simmer 20 minutes. Serve topped with Cheddar cheese and sour cream.



*The greatest compliment
you can pay us is to refer
your friends!*



*Thank you for
your referrals!*



**?! The Holidays are
coming!**

**It's time to set
your scale back
10 pounds!**

America's First Thanksgiving



The Pilgrims set sail for America on September 6, 1620, and for two months braved the harsh elements of a storm-tossed sea. Upon disembarking at Plymouth Rock, they held a prayer service and then hastily began building shelters; however, unprepared for such a harsh New England winter, nearly half of them died before spring.

Emerging from that grueling winter, the Pilgrims were surprised when an Indian named Samoset approached them and greeted them in their own language, explaining to them that he had learned English from fishermen and traders. A week later, Samoset returned with a friend named Squanto, who lived with the Pilgrims and accepted their Christian faith. Squanto taught the Pilgrims much about how to live in the New World, and he and Samoset helped forge a long-lasting peace treaty between the Pilgrims and the Wampanoag Indians. Pilgrim Governor William Bradford described Squanto as “a special instrument sent of God for [our] good . . . and never left [us] till he died.”

That summer, the Pilgrims, still persevering in prayer and assisted by helpful Indians, reaped a bountiful harvest. As Pilgrim Edward Winslow (later to become the Governor) affirmed, “God be praised, we had a good increase of Indian corn”; “by the goodness of God, we are...far from want.” The grateful Pilgrims therefore declared a three-day feast in December 1621 to thank God and to celebrate with their Indian friends – America's first Thanksgiving Festival. Ninety Wampanoag Indians joined the fifty Pilgrims for three days of feasting (which included shellfish, lobsters, turkey, corn bread, berries, deer, and other foods), of play (the young Pilgrim and Wampanoag men engaged in races, wrestling matches, and athletic events), and of prayer. This celebration and its accompanying activities were the origin of the holiday that Americans now celebrate each November.