

Premiere Fitness News

UPCOMING
EVENTS

VOLUME 6, ISSUE 9

SEPTEMBER 2016

Lunch 'n Learn



Dr. David Parker

Thursday, September 22nd
Noon - 1 pm
Premiere Fitness
Topic: "Osteoporosis"

Walk with a Doc



Melissa Brininger

Director, Respiratory Care
Wednesday, September 14th
5:00 pm to 6:00 pm
Lake Shore Park
Meet at the Pavilion
Topic: "Breathing Problems in
Cold Weather"

**Fresh produce delivered at Premiere
every Tuesday!**

Blue Sky Green Fields is
delivering the freshest selection of
fruits and vegetables you'll find
anywhere. Register at
www.blueskygreenfields.com

Urology Services at APMC

Urologist Craig Zippe, MD, sees patients full time at Ashtabula County Medical Center (APMC). Dr. Zippe comes to APMC after serving as a urologist at the Louis Stokes Veterans Medical Center in Cleveland. He was also a co-director at the Cleveland Clinic Glickman Urology and Kidney Institute's Prostate Center.



Dr. Zippe is certified by the American Board of Urology. He has written and co-authored more than 100 articles and a dozen chapters in various urology textbooks and medical journals. He has spoken at more than a dozen conferences across the country and has led research projects related to erectile dysfunction, cancer, and prostate problems.

Urology Services:

- Bladder problems
- Blood in urine
- Cancer
- Elevated PSA
- Erectile dysfunction
- Kidney problems
- Prostate disease
- Sexual dysfunction
- Sexually transmitted diseases
- Ureteral problems
- Urinary tract infection
- Vaginal and pelvic prolapse

Dr. Zippe is welcoming new patients. To schedule an appointment with Dr. Zippe at The Ashtabula Clinic, call **440.997.6970**.

Ingredients

- 12 6-inch corn tortillas
- 1/4 teaspoon salt, divided
- 8 ounces 93%-lean ground beef
- 8 ounces 99%-lean ground turkey breast
- 1/2 cup chopped onion
- 1 10-ounce can diced tomatoes with green chiles, or 1 1/4 cups petite-diced tomatoes
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground chipotle chile, or 1 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 3 cups shredded romaine lettuce
- 3/4 cup shredded reduced-fat Cheddar cheese
- 3/4 cup diced tomatoes
- 3/4 cup prepared salsa

Healthy Tacos

Nutrition Facts :

Calories 252
Fat 5 g
Saturated fat 1 g
Mono Fat 1 g
Cholesterol 38 mg
Carbohydrates 30 g
Dietary fiber 5 g
Protein 24 g
Sodium 576 mg



Makes: 6 servings, 2 filled tacos each

Instructions

1. To prepare taco shells: Preheat oven to 375 °F.
2. Working with 6 tortillas at a time, wrap in a barely damp cloth or paper towel and microwave on High until steamed, about 30 seconds. Lay the tortillas on a clean work surface and coat both sides with cooking spray; sprinkle a little chili powder and salt on one side. Carefully drape each tortilla over two bars of the oven rack. Bake until crispy, 7 to 10 minutes. Repeat with the remaining 6 tortillas.
3. To prepare taco meat: Place beef, turkey and onion in a large nonstick skillet over medium heat. Cook, breaking up the meat with a wooden spoon, until cooked through, about 10 minutes. Transfer to a colander to drain off fat. Wipe out the pan. Return the meat to the pan and add tomatoes, cumin, ground chipotle (or chili powder) and oregano. Cook over medium heat, stirring occasionally, until most of the liquid has evaporated, 3 to 6 minutes.
4. To assemble tacos: Fill each shell with a generous 3 tablespoons taco meat, 1/4 cup lettuce, 1 tablespoon each cheese, tomato and salsa and 1 teaspoon onion.

http://www.webmd.com/parenting/raising-fit-kids/food/the-eatingwell-taco?ecd=wnl_dab_082516&ctr=wnl_dab-082516_id-stry&mb=c7aSwfQo7h%4051F68Y3Rr0ChonS%2fH3cwyY61VL0pTkMc%3d

ACMC Heart Walk Raffles

Friday, September 9th and 23rd from 7 am to 5 pm

Support ACMC's Heart Walk Teams! Participating departments will have raffle items displayed at ACMC in the Solarium (5th floor) on Friday, September 9th and 23rd from 7 am to 5 pm.

The 2016 Ashtabula County Heart Walk is the American Heart Association's premiere event that brings communities together to raise funds and celebrate progress in the fight against this country's No. 1 and No. 5 killers, heart disease and stroke.

Heart Walk

Saturday, October 1, 2016 8:00 AM to 11:00 AM

Kent State University at Ashtabula Campus

Ashtabula County Medical Center is committed to improving the health and wellness of the community. The ACMC Workplace Wellness program allows us to work directly with businesses to create individualized employee wellness programs that not only improve the health of staff, but also improve the organization's bottom line by reducing health care costs and increasing productivity.

Current Workplace Wellness Partners

MFG, Grand River Rubber, Ashtabula County, Zehrco-Giancola, Ashtabula Area City Schools, Gabriel Performance Products, St. John School, Premix, Bridge Street Pizza, A. Louis Supply Co., Goodwill Industries, Chromoflo, RHI, Iten Industries, Grand River Academy, ASHTA Chemicals
If you are interested in the ACMC Workplace Wellness Program, please call June Penniman at (440) 344-0410 or email june.penniman@acmchealth.org

Premiere Fitness Get FIT, Stay FIT

**Ashtabula County
Medical Center**
ACMC Healthcare System

An affiliate of

 **Cleveland Clinic**

**2231 Lake Avenue
Ashtabula, OH 44004
(440) 998-3488**

www.premierefitness.com