

# February Wellness Challenge

Remember to track your progress on your Living Well Tracking Sheet!



The Deep Fried Challenge invites you to go without deep-fried foods for 30 days. This includes anything cooked in hot oil like french fries, chips, fried chicken, donuts—pretty much all the good stuff. Deep-fried foods sure are tasty, but as you probably know, they're not good for you. This is your chance to see how your body feels without deep-fried foods. You may even like the feeling.

Deep-fried foods have two to three times the calories of the non-fried version. For example, a fried chicken breast has roughly 325 calories, while a grilled chicken breast has roughly 105 calories. Even worse, frying oil has typically been chemically altered to make it last longer at high temperatures, creating an oil that our bodies have difficulty metabolizing. Eat foods that are roasted, baked, grilled, boiled or fresh—there are so many healthy, great-tasting alternatives to deep-fried foods. If you slip up, don't give up. Exercise an extra half hour and call it good.