



# February 2025 Dinner Specials



SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## Did you know?

- Everything is priced a la carte
- Breakfast is served 7:30-10
- Lunch is served 11:30-2pm
- Dinner is served 5-7pm
- Items in **red** are most heart healthy\*



## A La Carte

Prices Will Vary

1  
Chicken Sausage  
Roasted Red Potatoes  
Sautéed Veggies

2  
Turkey Tacos  
Spanish Rice  
Pico de Gallo & Chips

3  
Shrimp Fajitas  
Refried Beans  
Guacamole & Chips

4  
Stuffed Shells  
Garlic Bread  
Chopped Spinach

5  
Meatloaf  
Mashed Potatoes  
Sautéed Zucchini

6  
Gyro  
Couscous  
Hummus & Veggies

7  
Chicken Stir-Fry  
Fried Rice  
Baby Bok Choy

8  
Ham & Swiss Quiche  
Breakfast Potatoes  
Arugula Salad



9  
Turkey Chili Bar  
Corn Bread  
Sautéed Zucchini

10  
Cobb Salad  
Quinoa Salad  
Roasted Carrot Soup

11  
Shrimp Scampi  
Bread Stick  
Asparagus

12  
Steak Tacos  
Spanish Rice  
Chips & Salsa

13  
Chicken Cordon Bleu  
Macaroni & Cheese  
Roasted Broccoli

14  
Sausage & Kale Alfredo  
Sweet Potato  
House Salad

15  
Kielbasa w/ Peppers & Sauerkraut  
Potato Pierogis  
Roasted Broccoli

16  
Chicken Parmesan  
Bread Sticks  
Green Beans

17  
Beer Battered Fish  
Potato Salad  
Classic Carrot Salad

18  
Turkey & Quinoa Stuffed Peppers  
Zucchini Bread  
Spinach Soufflé

19  
Lemon Caper Chicken  
Steamed Rice  
Green Beans

20  
BBQ Ribs  
Corn Bread  
Coleslaw

21  
Flank Steak  
Baked Potato  
Asparagus

22  
Chef's Choice!

23  
Spaghetti Bolognese  
Garlic Bread  
Side Salad

24  
Chicken Picatta  
Mushroom Barley  
Spinach Salad

25  
Chicken Caesar Salad  
French Bread  
Butternut Squash Soup

26  
Chicken Fried Steak  
Scalloped Potatoes  
Glazed Carrots

27  
Burger Bar  
Red Potato Wedges  
Greek Salad

28  
Turkey Pot Pie  
Cheddar Biscuit  
Glazed Carrots



February is American Heart Month & Friday February 7<sup>th</sup> is **Go Red for Women Day**. Go Red for Women is a movement to end heart disease & stroke in women. 1 in 3 women die of heart disease & stroke each year. Join the movement and wear red on Friday February 7<sup>th</sup>! But don't just wear red. **Get your numbers. Own your lifestyle. Realize your risk. Educate your family. Don't be silent.**



# Eating Disorders in Athletes: The Truth About Compulsive Exercise

Source: <https://www.eatingrecoverycenter.com/resources/>

Author: Eating disorder expert Dr. Amy Gooding

## Why Do People Over Exercise?

Compulsive exercise often starts in a seemingly harmless way. People start to overexercise for many reasons. Here are some examples.

**Athletic Goals-** Some athletes are driven to engage in compulsive exercise to improve performance, reach a goal or to achieve success in sports and athletic competitions.

**Genetics-** Starvation activates certain genes through epigenetics. When a certain weight is reached, the body becomes unfazed by starvation and commences searching for food as a survival technique in times of famine. A foraging behavior of sorts begins and is often accompanied by hoarding. (Baird '06; Gusinger '03, Kersting '04).

**Weight Control or Physical Appearance-** Commonly, especially in people with eating disorders, many people exercise excessively to lose weight, to maintain weight loss or prevent weight gain. Excessive or compulsive exercise is frequently a symptom of an eating disorder and can even promote the development of the illness. Physical activity, in this sense, can become too much of a good thing.

**Activity Level-** Some people exercise compulsively because they are hyperactive; their nature is to always be moving.

**Mood-** Some people over exercise to control their mood, particularly anxiety issues; intense activity calms them down. Exercise can have an antidepressant effect for some people when used in a healthy, balanced manner. Exercise can also cause increased depression in people who over exercise.

**Dependence or Addiction-** Some people are even conditioned to a dopamine or endorphin “high” from exercise. Signaling in the pleasure/reward system is genetically wired to increase the likelihood of being physically active and sustaining an exercise program (Herring '14).

## Symptoms of Over Exercising

A person who over exercises can experience a number of serious negative physical health outcomes, including:

- Joint injuries
- Stress fractures
- Muscle tears
- Tendonitis
- Fatigue
- Dehydration
- Anxiety
- Depression
- Decreased immune system response
- Increased resting heart rate
- Increased blood pressure
- Orthopedic overuse injuries
- Overreaching
- Overtraining syndrome



## Can You Get Too Much Exercise?

Compulsive exercise is exercise that is done to the point that problems start to arise. When exercise makes you ignore friends and family, if it is affecting your schoolwork or career, or causing health problems, it may be time to look at your behaviors.

For individuals who are restricting their food intake (a potential warning sign of anorexia) — over exercise could lead to serious medical complications or even death. Electrolyte imbalances can occur even if the individual is drinking a lot of water since food is necessary for hydration.

## How Do I Know if I Need Help for Excessive Exercise?

While exercise is a part of a healthy lifestyle, it is possible to have too much of a good thing. It may help to know the signs of compulsive exercise, listed below, and to seek help from a professional, if warranted:

- Are you exercising excessively, above and beyond what is necessary to prepare for competition?
- Do you prioritize exercise over work, school and time spent with family and friends?
- Do you have perfectionistic tendencies or heightened strictness when it comes to your exercise regimen?
- Does your anxiety increase if you can't exercise?
- Do you refuse to miss workouts, even if you are injured or the weather is bad?

While exercise is healthy behavior, it can also be a slippery slope for patients that are in treatment for, or recovering from, an eating disorder.

