



# HEALTHY LIVING 2019

an advertising supplement for  
*Marianas Variety* News Views

# Live Well at Bubba Gump

By Riane D. Capalad  
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“We don’t serve food that’s average, everything is made to taste great,” says Ringo Medina, General Manager of Bubba Gump Restaurant in Garapan.

The Saipan’s one and only chain restaurant that features fresh seafood, family, and fun has exciting news for this New Year and it only takes a visit to them on Beach Road, Garapan to see it for yourself!

Bubba Gump Shrimp Co. Saipan, is the only and only chain restaurant that features fresh seafood, southern cooking in an environment perfect for the family to enjoy.

Inspired by one of America’s iconic movies, Forrest Gump, released in 1994 Bubba Gump Shrimp Co. has always been a soul-full restaurant that allows guests to dine-in and experience food in a cinematic way.

With the mission of combining seafood options with a southern twist, its main purpose is to provide a great meal for family and friends as well as spark excitement and fun too.

Medina says, “Bubba Gump has many franchises world-wide, but what makes our Saipan loca-

tion special is that it’s considered to be the 44th branch that was opened, which is the famous jersey number that belonged to Forrest Gump.”

One thing guests can expect about Bubba Gump Shrimp Co. is never to expect the same thing. With every season, the restaurant launches new featured items and renditions of local and international food fairs. To give you a better idea, Bubba Gump Shrimp Co. Saipan has just launched a new seasonal promotion featuring healthier options. Grilled Seafood Trio, Cauliflower Brussels Sprouts, oven baked and tossed in herb oil, and their best seller Pear and Berry Salad to name a few.

In addition, Medina discusses changes to their menus providing customers more information with food labels and calorie counters that would help guests take ownership of their food consumption.

“Get ready Saipan, this February, we will offer a new menu, similar to our main menu design, however, with more options detailing ingredients and calorie count. The beauty of this is that people will be more aware of the food that they will order because every item will have its own calorie count information. We will

have vegan and gluten sensitive options as well. We want to be very detailed especially when it comes to dietary facts,” he noted.

Complementing the delicious and fresh food, restaurant manager Medina further explained it is also their mission to provide great customer service. “We want our guests to feel invited, and genuinely enjoy their dining experience with us. This is why we continually train our team and practice as a group how to greet and serve all our local and international guests.”

“At the end of the day, we strive to take care of our guests. We are diligent in sourcing the freshest ingredients to ensure our menu items are not just good but great and of high quality. We believe it is our job to make our guests feel like family and friends. That’s why we engage with them through trivia games, and other fun things that entertain them. We treat people like guests in our own homes,” he said.

Mark your calendars for the upcoming exciting feasts of Bubba Gump Shrimp Co. Saipan – Chinese Lunar New Year and Valentine’s Day promotions where Bubba Gump will feature special meals to make the occasions more exciting.

Last but not least, Bubba Gump Shrimp Co. Saipan will soon add some of the islands’ local favorites to the daily lunch menu! Monday to Friday between the hours of 11AM to 3PM, stop by and pick up newly priced options. Tinala Katne, is one new addition to share but you must stop in to learn of the others.

For more information, follow Bubba Gump Shrimp Co. Saipan on Facebook and Instagram @bubbagumpsaipan.



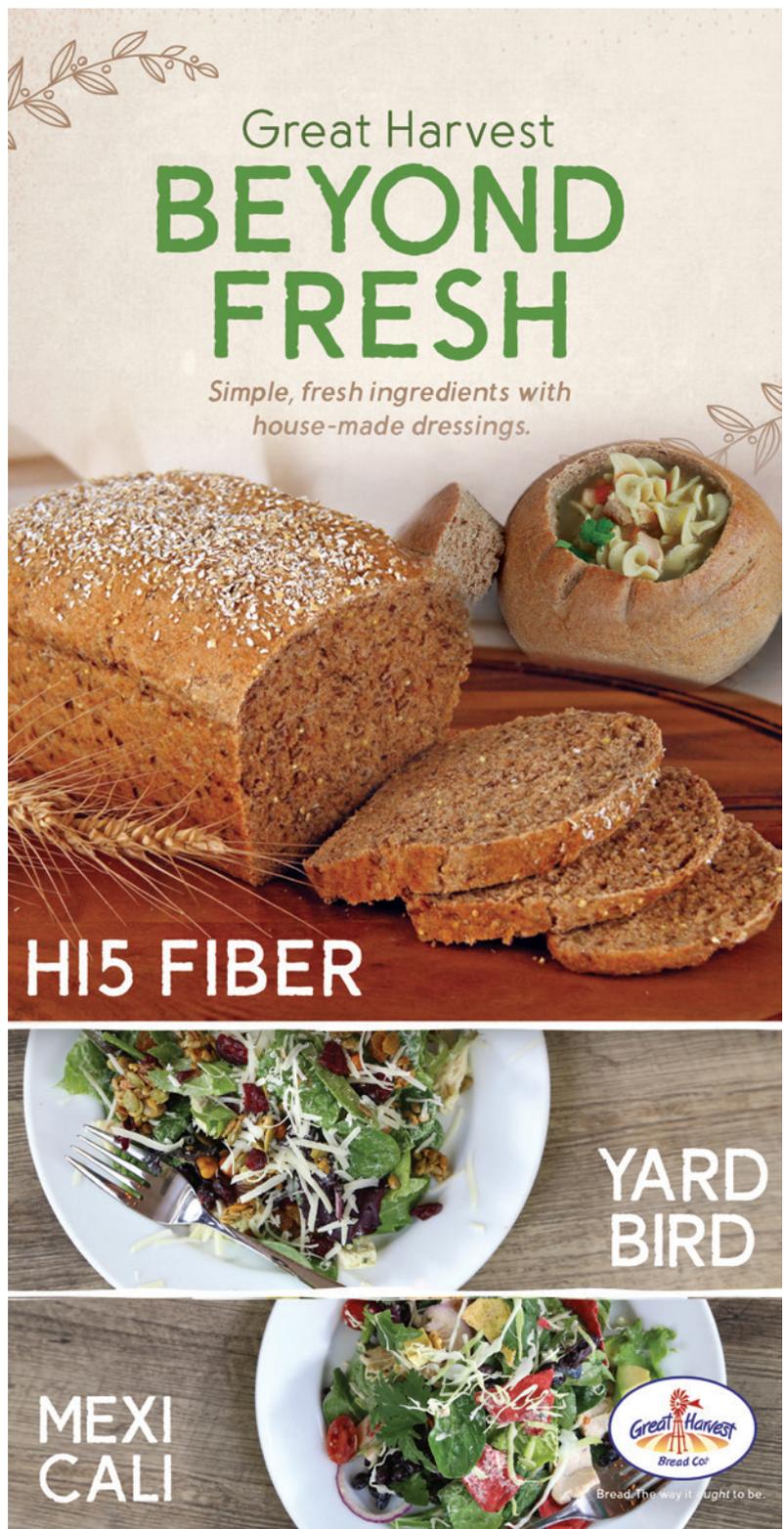
**LIVE WELL**  
HEALTHY OPTIONS

CAULIFLOWER BRUSSELS SPROUT

FORREST'S SURF TURF

PEAR & BERRY SALAD

GRILLED SEAFOOD TRIO



Great Harvest  
**BEYOND FRESH**  
Simple, fresh ingredients with house-made dressings.

**H15 FIBER**

**YARD BIRD**

**MEXI CALI**



## Go ‘Beyond Fresh’ at Great Harvest

By Riane D. Capalad  
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Looking for a healthier option to start your day? Great Harvest Bread Co. in Chalan Kanoa across the Bank of Saipan has the answer. Great Harvest offers customers a variety of wholesome freshly baked breads, goodies, salads, sandwiches and now Infusion Coffee from Guam! Committed to delivering phenomenal tasting foods made whole grains and pure and simple ingredients, a new food crave is taking over Saipan.

Establishment manager Geraldine Sasamoto says, “Our breads are of five simple ingredients: honey, yeast, salt, filtered water, and whole grain flour. Everything is made from scratch. Our whole-grain wheat flour is milled in a contained room in our bakery of wheat berries sourced from Montana; which, by the way is the origination of our brand.”

On island, the bakery is well-known for their whole wheat breads, sourdough, taro loaves,

fresh salads, such as the yard Bird and Mexi Cali as well as their famous blue berry cream cheese scone, for that extra treat.

“One of our local specials is the Taro or what we call ‘the purple bread’ here on island. We have tons of customers from many international locations that visit us to purchase this purple bread to bring it back home,” says Sasamoto. “I would also like to talk about our blueberry cream cheese scone. It’s not your typical scone, more like a cross between a scone and a cookie. Well, at least that’s how I like to explain it because most will picture a scone to be hard and crusty. But scones are much more airy, fluffier and softer.”

There is a variety of wheat bread at Great Harvest Bakery offering more options for customers who may have special dietary needs.

Sasamoto added their customers also look forward to their Sourdough. She explains that these hard-crust breads are patiently

kneaded in the time-honored way starting from the sponge, (aka raw dough), and allowing the sourdough to leaven.

When it comes to the selection of healthy choices and the quality of food, Sasamoto makes sure that every ingredient is examined and well presented to appeal to customers.

“Choosing the source and quality of our ingredients are important us to at Great Harvest. Our customers expect to have healthier choices here especially in our salads and sandwiches. We do our best to ensure our produce and vegetables are fresh and the meat is lean as possible,” she said.

For updates follow and like the Great Harvest Bread Co. Saipan on Instagram @greatharvestsaipan and on Facebook @GreatHarvestBreadCo.Saipan. Visit Great Harvest online at www.greatharvestsaipan.com for more healthy options and menu selections. Located on Beach Road in Chalan Kanoa across the Bank of Saipan.

# A healthy journey

As we vow to take care of better care ourselves this start of the New Year, two local celebrities remind us that a great big part of it is the journey itself.

As the reigning Miss Marianas, Celine Cabrera knew she had to put her best foot forward at the 2018 Miss International Pageant in Tokyo, Japan in front of thousands of viewers from all over the world and she had only several weeks to do it.

Naturally, she turned to locally renowned fitness trainer Jerry Diaz at Gold's Gym Saipan to help her achieve her fitness and nutrition goals.

The experience helped create an effective fitness and nutrition guide that anyone could follow to kick start a healthy journey.

### Make a Plan

"In any journey, you would want to start off with a map. I listened to what she wanted to achieve and created nutrition and fitness plan that would help her reach those goals. It is important to listen and find out what works best for each person," said Jerry.

Celine says the tailored plan was very effective for her as it was exercises and foods that she already enjoyed and could just incorporate it into her routine.

"The personalized plan defi-

nately helped me to stay focus and more energized," she noted.

### Be Consistent

Life is one rough ride and often, scheduling consistent workouts is the greatest challenge of them all, but both Jerry and Celine say, this is vital to achieving good results.

"I can give you a map or a guide, but is it up to you to follow through," said Jerry. "It is best that you choose a time that works well for you and be consistent. The number one goal to any transformation is consistency."

"This is a challenge for everyone, even for athletes—how do you fit this in your day? This is a lifestyle, so make it a part of your life and keep at it," he added.

A very busy queen, Celine points out that consistency means even just squeezing a little time in. "Sometimes, I don't have the time for a complete workout, but even if I manage 30 minutes of exercise is good for me," she points out.

This also includes nutrition. "We decided on adding more fruits, vegetables, nuts and seafood into her nutrition for the right kind of balance of protein and energy," said Jerry.

"She wanted to achieve a strong, lean look so to match the stability and endurance fitness

moves, we made sure she had the proper nutrition to carry her through it," said Jerry.

### Enjoy the Journey

"This was a wonderful experience for me and I learned a lot about myself fitness wise. This is definitely something I want keep up, even after the competition and my reign to stay fit and stay healthy," smiled Celine. "Drinking lots of water and having a lot of rest is important too. You are only given one body so you have to take good care of yourself."

Having the right approach or mental attitude is just as important as all the other steps, says Jerry.

"Understanding that there are going to be ups and downs or even setbacks, the important thing is to get right back up with a smile—this is dedication to the work it takes," said Jerry.

"There is no magic pill or fad diet, you just have to stay true to your word and stay focused no matter how many times you fall off track, just come right back at it, that is part of taking nutrition and fitness seriously," he said.

So in following, as we begin mapping out a healthier journey for ourselves, it is important to stay focused and to remember, rain or shine, to enjoy all the days to come.



2018 Miss Marianas Celine Cabrera and Gold's Gym Saipan Fitness Instructor Jerry Diaz share tips on a healthy lifestyle.

Get your greens with our freshly prepared

# SALADS

Crisp and full of flavor.



Oats with the most.  
**Fruit & Maple Oatmeal**

Our Fruit and Maple Oatmeal starts with two full servings of whole-grain oats and a touch of cream. It's loaded with red and green apples, cranberries and two varieties of raisins for a hearty, wholesome breakfast of whole-grain oatmeal and fruit with brown sugar.



Wrapped in deliciousness.

**Sausage Burrito**



Start your morning with a Sausage Burrito—fluffy scrambled egg, sausage, melty cheese, green chiles, and onions, all wrapped in a soft tortilla.

# TRIPLE BREAKFAST STACKS

Layers and layers of breakfast faves

Limited time only



Give yourself a delicious boost.

**Minute Maid® Premium Orange Juice**

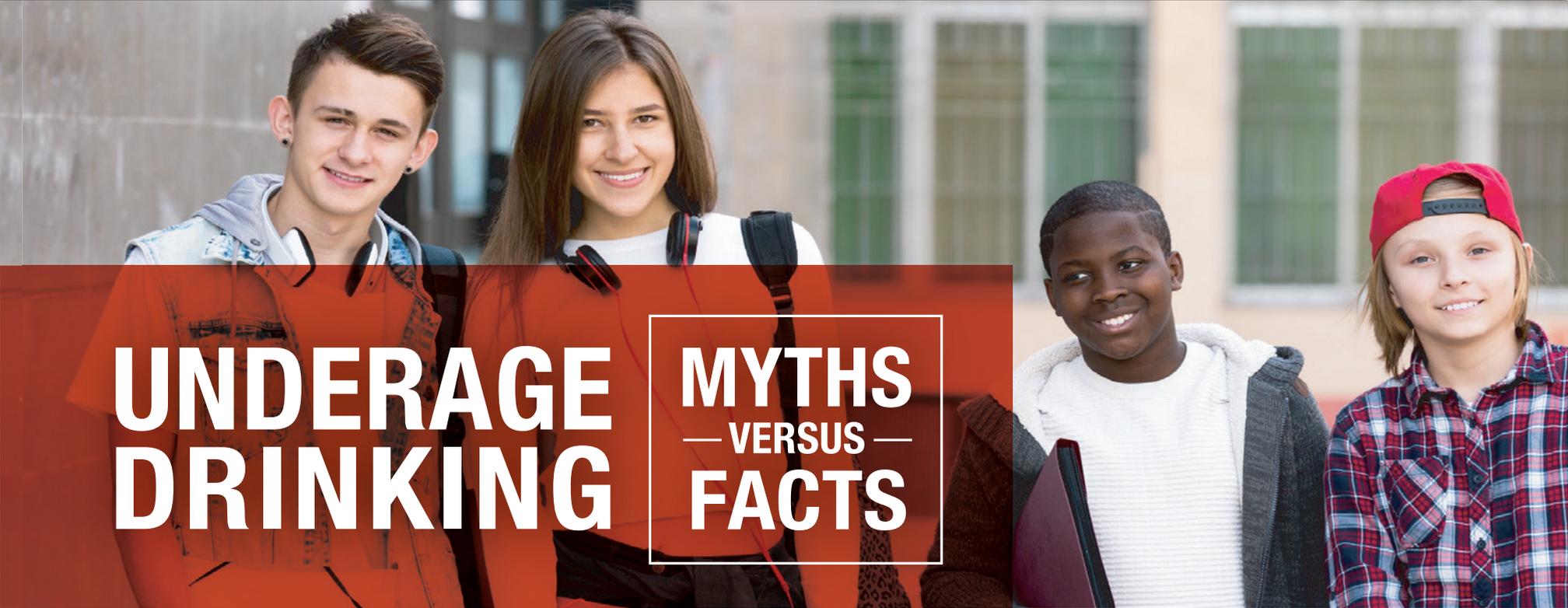
100% orange juice, packed with Vitamin C. Available in Small, Medium and Large.



STORE HOURS: Chalan Pale Arnold Road: 6:30AM to 10:00PM • Garapan Express: OPEN 24 HRS. DAILY (24/7)  
Chalan Pale Arnold Road 235-8577 • Garapan Express 233-8577 • Office Tel. 235-8761 • Fax. 235-8760 • E-mail: admin@jcamcd.com

# In observance of the National Institute on Drug Abuse (NIDA)'s National Drugs and Alcohol Facts Week

The Substance Abuse Prevention Services Unit would like to share some helpful myths and facts on Underage Drinking to help keep our community drug free and to promote a HEALTHIER LIVING lifestyle



You probably see and hear a lot about alcohol—from TV, movies, music, social media, and your friends. But what are the real facts? Here are some common myths and facts about alcohol use.

**MYTH** All of the other kids drink alcohol. You need to drink to fit in.

**FACT** Don't believe the hype: Most young people don't drink alcohol! Research shows that almost 80 percent of 12- to 20-year-olds haven't had a drink in the past month.<sup>1</sup>

**MYTH** Drinking alcohol will make people like you.

**FACT** There's nothing likable about stumbling around, passing out, or puking on yourself. Drinking alcohol can also make your breath smell bad and cause you to gain weight.

**MYTH** Drinking is a good way to loosen up at parties.

**FACT** Drinking is a dumb way to loosen up. It can make you act foolish, say things you shouldn't say, and do things you wouldn't normally do. In fact, drinking can increase the likelihood of fights and sexual assaults.

**MYTH** Alcohol isn't as harmful as other drugs.

**FACT** Your brain doesn't stop growing until about age 25, and drinking can affect how it develops.<sup>3</sup> Plus, alcohol increases your risk for many diseases, such as cancer.<sup>4</sup> It can also cause you to have accidents and get injured, sending you to the emergency room.

**MYTH** Beer and wine are safer than liquor.

**FACT** Alcohol is alcohol. A 12-ounce beer, a 5-ounce glass of wine, and a shot of liquor (1.5 ounces) all have the same amount of alcohol.<sup>6</sup>

**MYTH** You can sober up quickly by taking a cold shower or drinking coffee.

**FACT** There's no magic cure to help you sober up. On average, it takes 2 to 3 hours for a single drink to make it through your body.<sup>7</sup> And there's nothing you can do to make that happen quicker.

**MYTH** There's no reason to wait until you're 21 to drink.

**FACT** When you're young, drinking alcohol can make learning new things more difficult.<sup>8</sup> Also, people who begin drinking before they turn 15 are more likely to develop a drinking problem at some point in their lives than those who begin drinking at age 21 or older,<sup>9</sup> when it is legal to drink in all states and Washington, D.C.<sup>10</sup>

**MYTH** You can drink alcohol and you won't get into trouble.

**FACT** All states and Washington, D.C., have 21-year-old minimum-drinking-age laws.<sup>11</sup> If you get caught drinking, you might have to pay a fine, do community service, take alcohol awareness classes, or even spend time in jail.

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This advertisement is made possible by the Substance Abuse & Mental Health Services Administration with the Commonwealth Healthcare Corporation: Community Guidance Center - Substance Abuse Prevention Services Unit

# Healthy cravings at Shirley's Coffee Shop

By Riane D. Capalad  
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Maintaining a healthy living lifestyle takes a good amount of effort and smart choices when it comes to your diet that is why Shirley's Coffee Shop is just one step away to help reach your goal to nutritious yet enjoyable lifestyle meals.

According to Noelle Macario, operations manager of Shirley's Coffee Shop, "Choosing the healthier food option always requires not only a lot of will power but extra help and that's what we're here for!"

Shirley's Coffee Shop is well known for their comfort food, with customers craving for their ultimate favorite dishes such as their Shirley's Famous Fried Rice, Crispy Pata, Bulalo and many more, but the local diner's healthy choices are still asellout



considering that it's also fully approved by CNMI BIBA (Department of Public Health's nutrition

program) itself. "Shirley's may be known for its tried and true comfort food served

in large portions like fried rice, Crispy Pata, bottom less ice tea, etc.! But we just want to put it out there that we're also in the business to help promote a healthy lifestyle. Joining the CNMI BIBA Program last 2017 was a huge commitment for us which had a great turnout! We're excited to add more healthy items on our menu so do look out for that!" said Macario.

Featuring varieties of sandwiches, salads, and smoothies, their choices on the healthy sections are not only your ordinary greenery but are also delightfully appetizing, such as Spanish Egg White Omelet, Grilled Mahi-Mahi Sandwich, Grilled Chicken Sandwich, and Shrimp Kelaguen. Shirley's also now offers brown rice as a rice option and two of their latest veggie and fruit smoothies are called the Green Smoothie and Orange Booster.

When it comes to having a hospitable atmosphere, Shirley's Coffee Shop is a wonderful example, with its welcoming staff, it feels that your second home will start on their doorstep.

"Great place to go after a long flight from China. I enjoyed it better than I expected, and the atmosphere was perfect for friends and family," said guest Michelle Y.

"They have good food and consistently sweet staff," said Greg J.

Macario added, "It must be that 'offering to go the extra mile' type of customer service for us. Our servers greet with a warm, 'Hafa Adai! Welcome!' to spread that island hospitality to our customers. It's all about remembering their favorite dish, knowing how your coffee is done, or serving that extra chopped *donne*' for your *finadene*! We've got you covered!"

Sharing healthy moments of laughter and fun with family and friends at Shirley's Coffee Shop is only just a visit away to your nearest branch in Garapan and Susupe. For more information call Garapan at 233-4519/20 and Susupe branch at 235-5379/80. Visit Shirley's Coffee shop on Facebook @shirleyscoffeeshop-fanpage and Instagram @shirleyscoffeeshop.

## Healthy choices



**Green Smoothie**  
(Greens / Frozen Fruits / Flaxseed)

New



**Orange Booster Smoothie**  
(Carrot / Frozen Fruits / Ginger)

New



### Spanish Egg-White Omelet

A primarily egg-white omelet stuffed with a tasty vegetarian selection of red and green bell pepper, bean sprout, tomato strips, sliced mushroom and onions. Served with wheat toast.  
311 Calories



### Grilled Mahi-Mahi Sandwich

Grilled mahi-mahi fillet on a whole wheat bun topped with salsa or Dijon mustard. Served with a side of green salad.  
360 Calories



### Grilled Chicken Sandwich

Grilled chicken on a whole wheat bun topped with salsa or Dijon mustard. Served with a side of salad.  
431 Calories



### Shrimp Kelaguen

Shrimp sautéed in coconut milk, ginger, and hot pepper mixed with fresh grated coconut. Served with lettuce.  
400 Calories



GARAPAN: 233-4519/20  
SUSUPE: 235-5379/80

SHIRLEY'S COFFEESHOP  
SHIRLEYSOFFEESHOPFANPAGE  
www.shirleyscoffeeshop.com

# Marching for health, for life

**By Riane D. Capalad**  
riane.capalad@mvariety.com

The Commonwealth Cancer Association (CCA) is a strong, local non-profit 501 c (3) organization that advocates to the community for a cancer-free CNMI.

Throughout the years, CCA hosts events to give tribute to awareness month proclamations such as Cervical Cancer Awareness (January), Colorectal Cancer Awareness (March), Oral Cancer Awareness (April), Marianas March Against Cancer (May), Childhood and Prostate Cancer Awareness (September), Breast Cancer Awareness (October) and Lung & Pancreatic Cancer Awareness (November).

Early diagnosis and screening of cancer could help individuals ease the causes of severe deterioration and increase the chances of survival, one of the main goals the organization has in spreading awareness and providing support



to cancer patients and survivors.

According to CCA's 2018 Annual Report, it is very crucial for the organization to encourage people to take precautions in fighting cancer by implementing a healthier lifestyle, be physically active, be consistent in medical check-ups, stay informed and attend health fairs and community presentations. CCA also encourages patients to attend survivor

support meetings that serve as an important and informative outlet for them.

One of their main programs is to *Provide Hope and Healing*, which is the primary agenda in providing patients support and a safe place to share their experiences, practical success, and developing new relationships in a social environment.

CCA also *Provide Direct Client*

*Assistance*, which gives clients assistance up to \$750 yearly for nutritional, therapeutic, and medical supplies for those undergoing treatment for cancer.

In addition, offering Client Equipment Assistance, such as, hospital beds, oxygen, concentrator, tank, cylinder/humidifier, wheelchairs, walkers, bedside commodes, shower, shower chairs and suction machine, maintenance, and pickup/delivery by the CCA.

CCA also partnered with the University of Guam with the Betel Nut Intervention Study, as well as with all Seven Dental Clinics in providing free screening for oral cancer;

Patients are also catered with *Navigation Assistance*, strengthening ties with clients to help them engage in medical care and to adhere to their medications. CCA is committed to removing the clients' barriers to care by

identifying critical resources for clients, helping them navigate through health care services and systems, and promoting client health.

CCA's main fundraising event is the Marianas March Against Cancer usually held in May, which garners large community support and raises thousands of dollars each year for these important local programs. And the "Cancer Fund" earmarked under Public Law 18-64.

Moreover, the whole day is a marathon of hope, courage and solemnity, celebrating the journey of life together as one and reaching out and encouraging our community to become as whole in strengthening the march against cancer for one day, a cancer-free CNMI.

For more information please call 682-0050 or visit [ccamarianas@gmail.com](mailto:ccamarianas@gmail.com), or website at [www.ccamarianas.org](http://www.ccamarianas.org).

## Cervical Cancer is one of the Top 5 most Diagnosed Cancers in the CNMI

**Prevent Cervical Cancer**

**Protect yourself: Know the Facts with the Right Test at the Right Time**

### SCREENING TESTS CAN FIND ABNORMAL CELLS

**SO THEY CAN BE TREATED BEFORE THEY TURN INTO CANCER**

- The human papillomavirus (HPV) test looks for the virus that causes these cells changes.
- The Pap test looks for changes in cells on the cervix that could turn into cancer if left untreated.



**HPV Is the main cause of cervical Cancer**



- HPV is very common virus, passed from one person to another during sex.
- Most people get it, but it usually goes away on its own.
- If HPV doesn't go away, it can cause cancer.

**Most women don't need A Pap test every year!**

Have your 1st Pap test when you're

**21**

If your results are normal, You can wait 3 years for your next Pap test.



HPV tests aren't recommended for screening women under 30.

When you turn **30** you have a choice: if your test results are normal, get a Pap test Every 3 years. OR Get both a Pap test and An HPV test every 5 years.



### You can stop getting screened if:

- You're older than 65 and have had normal Pap test results for many years.
- The cervix is the lower, narrow end of the uterus (womb) that connects the uterus to the vagina (birth canal)

The cervix is the lower, narrow end of the uterus (womb) that connects the uterus to the vagina (birth canal)



For more information, you can contact the CCA at 682-0050 or via email at [ccamarianas@gmail.com](mailto:ccamarianas@gmail.com), or visit our website at [www.ccamarianas.org](http://www.ccamarianas.org).

Or you can visit CCA office at the Gualo Rai Plaza Building, located along Chalan Pale Arnold Middle Rd in Gualo Rai.

More information about cervical cancer: [www.cdc.gov/cancer/cervical/](http://www.cdc.gov/cancer/cervical/)



## 2019 CALENDAR OF EVENTS

- JANUARY**
- Cervical Cancer Awareness Month
  - 01/17/19 CCA Board/Annual General Membership Meeting
  - 01/10/19 Survivors/Caregivers Support Group Meeting
- FEBRUARY**
- 02/03/19 Cancer Survivors/Caregivers Support Meeting
  - 02/19/19 CCA Board of Directors Meeting
- MARCH**
- Colon Cancer Awareness Month
  - 3/13/19 Cancer Survivors/Caregivers Support Meeting
  - 03/20/19 CCA Board of Directors Meeting
  - Cancer/Nutrition Awareness Month
  - Kick Butts Day
- APRIL**
- Oral Cancer Awareness Month
  - 04/10/19 Cancer Survivors/Caregivers Support Meeting
  - 04/16/19 CCA Board of Directors Meeting
  - Cancer Awareness Week (18th-22th)
- MAY**
- Skin Cancer Detection and Prevention Month
  - Melanoma Monday
  - 05/03-04/2019 Marianas March Against Cancer (MMAC)
  - 05/09/19 Cancer Survivors/Caregivers Support Meeting
  - 05/16/19 CCA Board of Directors Meeting
- JUNE**
- National Cancer Survivors Day (1st Sunday, June 2nd)
  - Men's Health/Cancer Awareness
  - 06/13/19 Cancer Survivors/Caregivers Support Meeting
  - 06/20/19 CCA Board of Directors Meeting
  - National Men's Health Week
- JULY**
- Ultraviolet Safety Month
  - 07/11/19 Cancer Survivors/Caregivers Support Meeting
  - 07/18/19 CCA Board of Directors Meeting
- AUGUST**
- 08/08/19 Cancer Survivors/Caregivers Support Meeting
  - 08/15/19 CCA Board of Directors Meeting
  - Great American Eat Right Challenge (14th)
- SEPTEMBER**
- Prostate Cancer Awareness Month
  - Ovarian Cancer Awareness Month
  - Childhood Cancer Awareness Month
  - Leukemia and Lymphoma Awareness Month
  - 09/12/19 Cancer Survivors/Caregivers Support Meeting
  - 09/19/19 CCA Board of Directors Meeting
- OCTOBER**
- Breast Cancer Awareness Month
  - 10/10/19 Cancer Survivors/Caregivers Support Meeting
  - 10/17/19 CCA Board of Directors Meeting
  - National Mammography Day
  - Brain Tumor Awareness Month
- NOVEMBER**
- Lung Cancer Awareness Month
  - Great Marianas Smoke Out
  - Pancreatic Cancer Awareness Month
  - 11/14/19 Cancer Survivors/Caregivers Support Meeting
  - 11/21/19 CCA Board of Directors Meeting
- DECEMBER**
- Caregivers Awareness Month/World Aids Day
  - 12/12/19 Cancer Survivors/Caregivers Support Meeting
  - 12/19/19 CCA Board of Directors Meeting

# 12 weeks to a new you at Gold's Gym

**By Riane D. Capalad**  
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“Feel younger, live better,” is no ordinary slogan when it comes to having a healthy lifestyle, these are actually the benefits of exercise and eating the right nutrition.

To help you get started, Gold's Gym Saipan kicks off its 12 week body transformation challenge this month with over \$5,000 dollars cash prizes in store!

Tyce Mister, General Manager of Gold's Gym Saipan, shares his advices about fitness health, “It's all about balance between the mind, body, heart, and soul,” he said.

The competition starts on the 19th of January to 13th of April. According to Mister, they have now 45 competitors and they're still welcoming more participants.

Applauding last year's overall title holder, Andrew Agapito, and the end of the year's transformation participant winners, Elizabeth Lebria and Shawna Brennfleck, who both became inspirations to everyone on the same journey, they continue to maintain their routine of eating and living healthy.

This opportunity will not only be a transformation, but also a significant and healthy change in lifestyle. Registration started on the 2nd of January with a \$50 fee for members while \$75 for



non-members. Mister has extended the original price deadline until February 2nd then an additional fee of \$10 will be charged for late registration up to February 16th.

Mister encourages everyone to participate in this meaningful move to change lives.

“Hopefully the 2019 Challenge can serve as a catalyst for change

into creating a healthy lifestyle for you and your family for the duration of the Challenge and even more important - beyond! The goal is a healthier you, healthier

friends and family, and a healthier community,” he said.

Visit Gold's Gym Saipan in Garapan or call: 233-4000 to register and for more information.

## 2019 GOLD'S GYM CHALLENGE



EXPERIENCE **CHANGE** IN JUST 12 WEEKS

**\$75 for non-members - \$50 for members**

**OVER \$5,000 IN CASH & PRIZES**

**\$1,000 Overall winner**

**INCLUDES**

# SATURDAY BOOTCAMP

group workouts Beginning Jan 26, 1:00pm

**Kick-off started Jan. 19.  
Extended registration until Feb. 16**

**For more info contact:  
Gold's Gym 233-4000**

# Benefits of Middle Eastern diet

This close cousin of the familiar Mediterranean way of eating gives food an extra boost of flavor and doesn't skimp on the health benefits you expect.

Just as flavorful and good for you, a Middle Eastern diet is a close relative both in geography and eating style. Middle Eastern cuisine is usually thought of as coming from countries such as Lebanon, Israel, Turkey, and Egypt. Mediterranean eating is typically associated with Italy, Greece, and Spain.

The success of the Mediterranean way of eating hinges on an emphasis on whole grains, healthy fats like olive oil and fish, legumes, nuts, and freshly sourced fruits and vegetables.

Together, the combo yields high levels of fiber, omega-3 fatty acids, and a wide variety of vita-



mins and minerals.

Middle Eastern food shares

many of these same characteristics, focusing on plant-based

foods as much as possible, using heavy-handed pours of EVOO

just about everywhere, and sneaking beans and veggies into many preparations, including some hallmark dips.

The result? A nutrient-dense diet that promotes health and longevity. Another bonus: Middle Eastern food often comes with built-in portion control as many dishes are served as a collection of small plates called mezze, similar to Spanish style tapas.

Not only does this presentation style encourage you to linger and try new dishes, but smaller plates could help you lose weight. Cornell University's Food & Brand Lab found that smaller plates make you think you're eating more food than you actually are, which could trim your overall food consumption and calories.

Here, some signature dishes to get you started.

### Hummus or Baba Ghanoush

Middle Eastern food is famous for its dips, perfect for dunking pita (whole wheat, of course) or raw veggies. The U.N. declared 2016 the International Year of Pulses, noting the supercharged health benefits and affordability as reasons to love the likes of chickpeas, lentils, and other legumes. Hummus, a simple combo of chickpeas, olive oil, and ground sesame seeds, is chock-full of plant-based protein, monounsaturated fats, and dietary fiber. Sneakily nutritious, baba ghanoush places just behind hummus, thanks to its insane creaminess that comes from nothing other than pureed eggplants, tahini, and olive oil.

### Tabbouleh or Fattoush

These two dishes are Middle Eastern spins on a Greek (Mediterranean) salad. Tabbouleh is essentially chopped parsley, antioxidant-rich tomatoes, and whole-grain bulgur. (You can also add bulgur to one of these Grain-Based Salads That Satisfy.) Fattoush adds a bit of toasted pita for crunchy texture but also has big chunks of veggies like radishes, cucumbers, and tomatoes to get the most bang for your nutritional buck.



### Tahini

Researchers found that people who incorporated tahini (a.k.a. ground sesame seeds) into their breakfast for six weeks experienced decreases in their cholesterol, triglycerides, and blood pressure. Tahini is already incorporated into many Middle Eastern recipes. (www.shape.com)

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