



## CHOOSE + YOUR OWN | WORKOUT

Circuits can be a great way to work out without any equipment. To build your circuit, choose 3-4 exercises from each list:



### Cardio Exercises

1. Jumping Jacks
2. Jumping Rope
3. Jogging or Marching in place
4. Stair-climbing or step-ups
5. High knees
6. Mountain climbers
7. Star jumps
8. Burpees



### Strengthening & Stability

1. Plank and Side Plank
2. Push-ups
3. Sit-ups or crunches
4. Hip lift or bridge position
5. Tricep dips on a chair
6. Lunges
7. Squats or chair position
8. Wall sits

Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times.

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## Blackberry Cobbler

SERVES 4

### Ingredients

- Cooking spray
- 4 cups blackberries
- 1/4 cup sugar substitute and 1/2 cup sugar substitute, divided use
- 1/4 cup water
- Juice from 1 medium lime
- 2 teaspoons ground ginger
- 1 1/3 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 1/16 teaspoon salt
- 1 1/4 cups fat-free milk
- 1/4 cup canola or corn oil
- 1/4 cup fat-free, plain Greek yogurt
- 1 teaspoon vanilla extract

### Directions

- Preheat the oven to 350°F. Lightly spray a 13 x 9 x 2-inch baking pan with cooking spray.
- In a medium bowl, gently stir together the berries, 1/4 cup sugar substitute, the water, lime juice, and ginger. Let the berry mixture stand for at least 15 minutes so the juices can accumulate.
- In a small bowl, stir together the flour, baking powder, salt, and the remaining 1/2 cup sugar substitute.
- In a large bowl, whisk together the milk, oil, yogurt, and vanilla.
- Add the flour mixture to the milk mixture, stirring just until no flour is visible. Don't over-mix.
- Pour the batter into the baking pan. Using a spatula, spread the batter in the pan. (The batter doesn't have to touch the edge of the pan; it will spread while baking.) Top with the berry mixture.
- Bake for 50 minutes, or until a wooden toothpick inserted in the center comes out clean.

**Cooking Tip: On the blackberries: This sweet-tart fruit is nutrient dense. Look for plump berries with a dark, rich color.**

### Nutritional Facts

Calories	199	Cholesterol	0 mg
Total Fat	7.5 g	Sodium	86 mg
Saturated Fat	0.5 g	Total Carbohydrate	13 g
Trans Fat	0.0 g	Dietary Fiber	3 g
Polyunsaturated Fat	2.5 g	Sugars	7.4 g
Monounsaturated Fat	4.5 g	Protein	3 g

Dietary Exchanges: 1 starch, 1/2 fruit, 1/2 other carbohydrate, 1 fat