



Get Fit. **Life Tip.**
Pizza

It's well known that America's favorite food is pizza, but it can wreak havoc on our bodies since it is full of sodium, fat and grease. Make your pizza healthy by making it at home using fresh ingredients and controlling the amount and type of sodium and fat that you are using.

Try these simple changes:

- Start by using whole wheat dough. You can buy pre-made dough at your local grocery store or make it from scratch. Spray on olive oil to prevent the dough from sticking when cooking.
- Create a layer of flavor with your favorite sauce, look for a low sodium variety or take the time to make your own and freeze what you don't use.
- Top your pizza with lots of fresh veggies! Think out of the box and add some untraditional things like zucchini, eggplant or broccoli
- Use turkey sausage and pepperoni instead of traditional sausage and pepperoni; it contains less fat but gives the flavor we love
- Last but not least, cheese!! It's what can really make or break your pizza. Try using ½ the amount of cheese that you would typically use or opt for Swiss cheese or a low-fat cheese.

Now you can enjoy your pizza and feel good about eating it.

Check out the new and improved Get Fit Ass Whipped class! www.bwittegetfit.com

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

If, at any time, you decide that you no longer wish to receive Get Fit. Life Tip., please respond to this e-mail with "Unsubscribe" in the subject line.