Maintain, Don’t Gain

Well it’s here, whether we’re ready or not! The Holidays are upon us. Special occasions, Christmas parties, and don’t forget the best food of the year!

I find it amusing the way individuals view their health over this time. Whether it’s trying to “diet” during the holidays or packing on the pounds for winter, everyone has a different outlook. So what gives? Why must we change our habits for just one season, and then start completely over after New Years with a “hard to reach” resolution? Well the fact is, cold weather actually encourages us to gain weight! But this month, let’s try to outsmart the season! You know your healthy habits, so stick with them! Try to set goals with your family throughout the holidays and achieve them this year! Come New Years, you’ll be glad you did!

Making Plans for a Healthful Holiday this Year

We all enjoy being with family and friends around the holidays, but let’s face it, it’s one of the busiest times of the year! Thanksgiving feasts, Friday shopping, Christmas necessities, and of course more and more sweet treats. During this time you may wonder, “How can I do all of this as well as exercise and eat healthy?” My answer to you is BALANCE. Easier said than done, I know, but when we have balance in our lives our stress levels steady, our cravings are met in healthy ways and our happiness improves. Try it! This year commit to doing something differently. What is your plan for the holidays? Make a Winter Wellness goal, and see it through. You can use this Newsletter for ideas to get your started!

Save the Date!

<table>
<thead>
<tr>
<th>Last Day of School!</th>
<th>School Resumes</th>
<th>Adult Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/19/2013</td>
<td>01/06/2014</td>
<td>01/07/2014</td>
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<tr>
<td>Let’s end the year on a healthful note!</td>
<td>Bring in the New Year with a healthy and attainable goal.</td>
<td>The adult fitness program will resume! Bring a partner!</td>
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Let’s Start with Food

Of course this season is filled with laughter and love from visiting our friends and family, but one thing we all look forward to is coming together and celebrating with holiday meals. The challenge is, how to make these holiday meals not holiday health disasters!

Healthful Tips for the Holidays

Whether you’re hosting a holiday party or cooking for your family, you can reduce the unhealthy ingredients without sacrificing the taste. Try these holiday ingredient swaps in your recipes this year!

- Use two egg whites in place of one egg to reduce the cholesterol and produce the same tasty result.
- Use low-sodium, fat-free chicken broth in your mashed potatoes to add flavor and cut back on added butter or margarine.
- Substitute applesauce for oil, margarine or butter in muffins and quick breads like banana bread.
- For dips, sauces and pie toppings, use fat-free yogurt, sour cream and whipped topping!

Follow this [link] to get more tips for the holidays.

Mindfulness with Mistletoes

Staying Mindful During Holidays

Mindfulness is being aware and engaged in the present moment and accepting the reality of life without judgment. Becoming more mindful can help improve various aspects of your life. It has been proven to help with tension relief, improvement of attention span, anxiety relief, and sleeping habits. The holidays are a great time to work on being mindful! When things are hectic and busy this holiday season, take a minute to refocus and put yourself back in the moment. Remember the reason why we are celebrating this winter. Make socializing with your friends and family your main priority this season! Now, let’s see how mindful you were about reading this newsletter… Email Cindy Vaughn the recommended amount of minutes of activity you should do each week after reading the next section to be placed in a drawing for a Christmas gift basket.
It’s the Little Things that Count!!
Quick exercises to boost your energy throughout your workday

Continually complaining that you don’t have the time to fit an hour workout in to your busy schedule? Often times it feels like we don’t even have the time to fit in a 30-minute workout. Between teaching, grading homework, cooking dinner, cleaning, and just commuting to and from work it seems impossible to get the recommended 150 minutes of moderate-intensity activity in each week. We have good news for you though! Recent studies show that short amounts of moderate-intensity activity (at least 10 minutes in duration) are just as beneficial as one continuous bout of activity. It’s much easier to squeeze in three short bouts of activity than it is to do one continuous bout.

Next time you want to take a break during your workday, try doing a mini-workout to help relieve some tension and feel refreshed. Some different activities to include would be: jumping jacks, lunges, squats, jogging in place, jumping rope, push-ups, triceps dips, crunches, yoga poses, and a brisk walk. These types of mini-workouts can be incorporated at any time in your day and should be done multiple times a day. Getting your recommended 150 minutes of activity each week has never seemed easier! Quick! Do 20 jumping jacks wherever you’re at right now!

If you enjoy running, participating in triathlons, or want to get involved in community fitness, then check out the following link! http://www.americamultisport.com

It’s that time of year…

Crockpot Turkey Chili

- Serves: 8
- Prep: 15 min
- Cook: 4 hrs
- Total: 4 hrs 15 min

**Ingredients**
- 1 lb. of ground turkey
- 1 packet of low sodium taco seasoning
- 1 tablespoon chopped garlic
- 1-10 oz. can of kidney beans, drained
- 1-10 oz. can of chili beans
- 1-10 oz. can of black beans, drained
- 1-10 oz. can of pinto beans w/ jalapenos
- 1-20 oz. can of canned tomatoes, dice or chopped
- 1-2.25 oz. can of tomato sauce or tomato paste
- 1 onion, chopped
- Salt and pepper to taste
- 1 cup of red wine (optional)

**Directions:**
- Brown turkey meat, garlic, onion, and taco seasoning in a skillet.
- Put beans, tomatoes, tomato paste, wine, and salt and pepper into the crockpot.
- Add turkey mixture.
- Stir and set the crockpot on low to cook all-day or high to cook for 4 hrs.