



WELLNESS NEWSLETTER

Livingston County December, 2005

No-Gain — Tips for Holding off Holiday Pounds

From the first slice of pumpkin pie to the last flute of champagne, high-calorie holiday treats are everywhere. We serve rich foods at family meals, send and receive many as gifts, share homemade delicacies with co-workers, and enjoy loaded buffets at parties. But here's the tricky part: those seasonal helpings stay put - representing 51 percent of annual weight gain. And that adds up. You can have a memorable - and delicious - holiday, yet avoid adding extra pounds. Just follow these tips:

- **Forget about dieting.** Whatever weight you are when the season starts is where you want to be when it's over. Feeling deprived by trying to diet, especially with holiday goodies all around, could cause you to overeat.
- **Keep your daily food intake consistent.** Don't skip meals during the week so you can load up at week-end parties. Consistency helps you maintain a healthy weight. If you starve yourself all day for a night event, you're more likely to eat more than you normally would.
- **Be sure to have breakfast.** Eat at least some ce-

real after you arise. People who successfully maintain weight loss eat breakfast every day.

- **Eat before going out.** "Have a little something," your grandmother might have told you - and she was right. Eat a piece of fruit, yogurt, or half a healthful sandwich (such as thin-sliced turkey breast on whole grain bread), and you won't be tempted to eat a lot right away when you arrive at a holiday event.
- **If you drink alcohol, space it out.** Alcohol adds lots of calories and may also lower your resolve to eat wisely. Have a half glass of wine and sip it slowly. Follow with a full glass of sparkling water, with a lemon or lime twist. If you want more wine after that, have another half glass. Remember to have lots of non-alcoholic drinks (and non-salty foods) on hand for those who are driving.
- **Step away from the appetizer table.** Don't chat and eat, as you hover over platters of tempting finger foods. Put a few fresh vegetables or fruit wedges on a

small plate, then go sit and talk elsewhere.

- **Fill half your dinner plate with salad.** Taking a generous portion of salad greens and veggies (with just a drizzle of low-fat dressing) limits the room for higher calorie foods.
- **Be choosy in your food selections.** Enjoy a few of the seasonal specialties you wait for all year and pass up the same-old-same-old. Take moderate portions of holiday foods you love - whether it's two bacon-wrapped mushroom hors d'oeuvres, or half a slice of glazed pecan pie. Ignore the everyday cheese chunks, chips, dips, pretzels, nuts and brownies - they're not worth the calorie cost.

• **Move it.** Take brisk walks - every day if possible - to help work off seasonal treats, re-energize yourself and lower holiday-time stress.

• **Take an offer you can't refuse.** This is the time of year when some gyms offer free one-week trial periods. It's a great way to grab a treadmill session or two in bad weather, or try a low-impact workout. If going to a gym alone makes you feel uncomfortable, ask a friend to go with you. You might like it enough to keep going after the holidays are over.

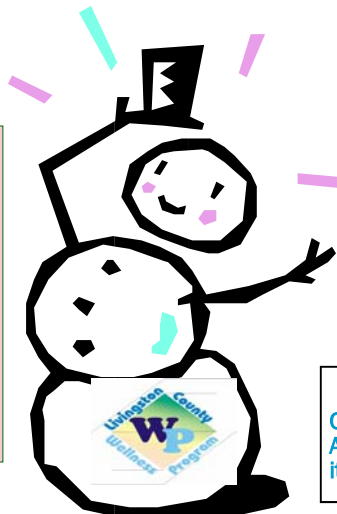
• **Always use a small plate,** even for your main course. Let everyone else go to the buffet table first.

Adapted from: National Women's Health Resource Center

How can you tell a cold from a flu? Symptoms are similar, but this chart highlights a few key differences:

Symptom	Cold	Flu
Fever	Rare	Almost always, high (102-104F) lasting 3-4 days
Headache	Rare	Almost always
General aches/pains	Mild or none	Almost always & often severe
Fatigue & weakness	Mild	Can last 2-3 weeks
Extreme exhaustion	Never	Early & severe
Stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate dry & hacking cough	Common, can become severe & produce mucus

Notice: Our goal is to provide you with accurate information to help your general wellness. We are not health care professionals. All items should be considered informational only and should not be used as medical advice. You should consult a health care professional before embarking on any exercise or health program.



Great American Smoke Out Winner

Christine Omerod of the Prosecutor's Office is the winner of the Great American Smokeout Day and will receive a \$50 gift certificate for any item of her choice related to smoking cessation.



2-Minute Stress Reducers

Our world is currently in the grips of a terrible energy crisis—no, it's not gasoline but the hidden energy crisis that leaves us physically, emotionally and spiritually drained. Worst of all, people have started accepting the notion that these feelings are normal.

"There is an epidemic of exhaustion out there. People are tired and burned out, and many of them resort to overeating in order to self-medicate themselves against all of the negative energy that surrounds them" states Dr. Judith Orloff.

Dr. Orloff's latest book, *Positive Energy*, provides a series of basic techniques for transforming feelings of stress and fatigue back into positive energy. "Once they obtain the simplest tools from the book, people are empowered to turn their lives

around."

During the course of a hectic day, it is extremely important to take energy breaks. The following stress reducers are like mini tune-ups you can use to quickly increase your supply of positive energy. Though these exercises only take a couple of minutes to perform, you'll be amazed by how much better they make you feel:

Meditate: Your brain waves change after meditating for a couple minutes. Quiet yourself, let your body unwind. Slowly inhale and exhale. Your breath will bring you back to center.

Enjoy a Healthy Snack: Boost your energy levels with fresh fruit, juice or veggies.

Avoid Energy Vampires: Have you ever noticed how some people suck the life right out of you. Limit your

contact with these monsters of negativity.

Practice Positive Self Talk: Say nice things about yourself. Just a few minutes of shifting negative thoughts to positive ones can change your energy levels quickly.

Practice Anonymous Giving: A quick, random act of kindness is a great way to turn that bad mood around.

Step Away from that Computer, if only briefly: Many suffer from an exhaustion that comes from constant exposure to technology. Take a quick walk.

Savor the Silence: Even though many of us are uncomfortable with silence, it is absolutely essential to your overall well-being. A couple minutes of peace and quiet can replenish your energy supplies.



Adapted from eDiets.com—Lifestyle Issue 44

While shoveling snow can be good exercise, it can also be deadly for optimistic shovelers who take on more than they can handle.

The National Safety Council and the North Dakota State University

Extension offer the following suggestions to make shoveling safer and more enjoyable this winter:

The Scoop on Snow Shoveling

- Individuals 40 years of age and older should be careful, especially those who are relatively inactive.
- If you have a history of heart trouble, do not shovel without a doctor's permission.
- Don't shovel right after you eat & avoid caffeine & nicotine before beginning—they can constrict your blood vessels.
- Take it slow! Shoveling can raise your heart rate and blood pressure dramatically. Be sure to stretch out and warm up before you start.
- Shovel only fresh snow since it is easier to shovel than the wet, packed-down variety.
- Push the snow as you shovel. It is better for your back than lifting the snow out of the way.
- Don't pick up too much at once. Use a small shovel, or fill only one-fourth to one-half of a large one.
- Lift with your legs bent and your back straight. By bending and "sitting" into the movement, you'll place less stress on your spine. Let your shoulder, torso and thighs do the work for you. Avoid twisting movements.
- Do not work to the point of exhaustion. If you run out of breath, take a break. If you feel tightness in your chest, stop immediately. Call your doctor if necessary.



Dress warmly. Remember that extremities, such as the nose, ears, hands, and feet need extra attention during winter's cold. Be sure to wear head and face protection, mittens, wool socks and waterproof boots.

Recipe Station

This recipe will impress your family and guests with very little effort.

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| 1/2 teaspoon salt, divided | 1/3 cup water |
| 1/4 teaspoon black pepper | 2 T Worcestershire sauce |
| 6 (4-ounce) beef tenderloin steaks, trimmed (1" thick) | 1 1/2 T fresh lemon juice |
| 1 teaspoon butter | 1 1/2 T dry sherry |
| 1/2 cup finely chopped shallots | 2 T chopped fresh parsley |

Steak Diane

Cooking Light, July, 2005



Calories: 197
Protein: 24.2 g
Cholesterol: 73 mg
Fat: 0.7 g
Carbs: 3.8 g

Heat a large, heavy skillet over medium-high heat. Sprinkle 1/4 teaspoon salt and black pepper evenly over steaks. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness. Remove from pan; cover and keep warm. Melt butter in pan over medium heat. Add shallots, and cook 2 minutes or until tender, stirring occasionally. Add water and remaining ingredients, stirring with a whisk. Reduce heat, and simmer 1 minute. Stir in the remaining 1/4 teaspoon salt. Spoon sauce over steaks, and sprinkle with parsley. **Yield:** 6 servings (serving size: 1 steak and 1 1/2 tablespoons sauce)



Congrats to Jennifer Lavelle of the Health Dept. - she logged in 332,651 steps for the month of October!! Barb Ritchie and Terry Lee came in 2nd and 3rd with 255,796 and 254,300 steps.