

# HEALTHY Perspectives

"Your Source For A Happy and Healthy Lifestyle"



## INSPIRE TO MOVE

### Reduce Jingle Bell Jiggle

Have you ever noticed that exercising reduces stress but thinking about exercising increases stress? Especially during the holidays when schedules get jumbled and family pressures increase, the last thing we want to plan for or feel guilty about is exercise (or the lack of it). It will only be worse in January if avoided completely during the holidays. The reasonable solution is to do as much as possible without missing time with family and friends.

For many, the appropriate solution is thirty minutes in the morning, at least 3 mornings per week before the activities begin. The beauty of this plan is that your workout is done and you can stop thinking about it for the rest of the day. For others, two 15 minute sessions is more feasible. This time of year, it doesn't really matter when or what you do, but that you give it a shot.

- Go for a walk if warm enough outside. Better yet, encourage as many family members as possible to join you.
- If you are out of town, see if your hotel has a fitness center or your gym from home has a local branch. Many even allow guests so you can drag those family members along.
- Most cable companies include free On Demand exercise videos and many hotels have access to DVD players (or use your laptop) to play a fitness DVD. If the room is big enough, you guessed it, include the family.
- Swimming may be an option if in a warm location with access and some hotels have indoor pools. Pools are like magnets for most family members!
- For those who still shop at the mall, this one is obvious...just be sure to wear your sneakers and take an extra lap in case you missed a bargain! (and whatever you do, avoid the food court)

And most important, give yourself a break. Do the best you can and just be sure to pick-up your regular routine once the holidays are over.

*"An early morning walk  
is a blessing for the whole day."  
- Henry David Thoreau*



# NOURISHING YOU



## Healthy Eating Highway

The closer you are to your food source, the healthier you will eat. Food at home may come from fresh vegetables from your garden or whole foods and lean meats from the grocery store. When away from home, the options can start to go down hill from processed, prepared or prepackaged foods.

Healthy eating choices can be made on the road, but circumstances can prove menacing. Places where we have to make difficult food choices can be at the airport with time constraints, on the road or even when we reach our final destination. If you are traveling this season, here are some tips to make sure you don't get lost on your journey to good health.

- Pack snacks for the car such as, fresh cut fruit, veggies, cheese and whole wheat crackers and nuts. Bring a small cooler for snacks and sandwiches with peanut butter or lean meats.
- Service stations have adequate choices, if you can get past the donuts and greasy chips. Look for whole grain breakfast or protein bars, cereals and low-fat milk.
- Fast food restaurants also provide sources of a high protein breakfasts like an english muffin with egg and low-fat Canadian bacon. Leaner lunches can come from sandwich shops; choose grilled chicken over fried, select salads carefully, and opt for smaller portions.

You will be happy with yourself when you return home if you follow these easy tips to help you stay in control while traveling.

### Lighter Latkes

3 tsp canola or olive oil  
2 lbs Idaho potatoes (4-5), peeled  
3/4 cup finely chopped onion  
1/4 cup all-purpose white flour  
1 tsp salt  
1/4 tsp black pepper  
1 egg, lightly beaten  
1 egg white, lightly beaten

Preheat oven to 450 F. Prepare 2 baking sheets by covering with aluminum foil, then cover each with 1 tsp of the oil or spray lightly with non-stick vegetable spray. Grate potatoes, place in a large bowl and add onions, flour, salt and pepper. Toss with 2 forks to mix well. Add egg, egg white and the remaining 1 tsp of oil.

Drop rounded tablespoonfuls of the potato mixture onto the prepared baking sheets and press lightly to form cakes. Bake for 10 minutes, or until golden brown on the bottom. Turn the latkes over, switch the position of the baking sheets (top versus bottom racks), and bake for about 5 minutes longer, or until golden brown.

Makes about 24 latkes. Each has 51 cal, 1g fat, 0 saturated fat, 9mg cholesterol.



## Maintain... Don't Gain

What does artichoke dip with crackers or vegetables, a few cookies, a glass of egg nog, a sample of potato pancakes, and a handful of candy all have in common? The obvious is that they are all foods commonly served over the holidays. Another answer - about an average of 500 calories per serving! What do you think happens if you eat 500 extra calories per day over the holiday period between Thanksgiving and Christmas? These small extras can add up to a pound of weight gain per week!

Indulge in the holidays by accepting yourself exactly the way you are and be determined to maintain that weight. In addition to increasing your exercise, here are some tips to help prevent holiday weight gain:

- Plan how much you are going to eat and don't stand and graze at the food buffet.
- Have generous portions of salad and vegetables.
- Don't go to parties starving.
- Choose lower fat foods such as shrimp and cocktail sauce over fried chicken wings and egg rolls.
- Drink lots of water and other calorie-free beverages.

*"Enough is as good as a feast."  
- English Proverb*



Click on the arrow to the left for a slideshow of "Naughty List of Holiday Foods"

# HEALTH HARMONY



## Everyone Must Wash Their Hands

We've all seen the sign in restrooms when dining out "Employees Must Wash Hands Before Returning to Work". Makes one wonder if some people really need a sign for that. What other key times to wash their hands are they missing?

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

### WHEN TO WASH YOUR HANDS:

- Before, during, and after preparing food.
- Before eating food.
- Before and after caring for someone sick.
- Before and after treating a cut or wound.
- After using the toilet.
- After blowing your nose, coughing or sneezing.
- After touching garbage.
- After touching an animal or animal waste.

*"One hand washes the other." – Proverb*



for a link to a  
pdf poster "Zen of Handwashing"

## Less Than Jolly

Why is it that depression is common during holiday periods and especially at Christmastime? Down in the dumps, holiday blues, you name it, people feel it. This festive season can force people to face that life isn't always as joyful as we would like.

Single people can feel very isolated, and those with lots of family and friends gathering can still get in squabbles with stress and anxiety. Many people are still grieving loved ones and the holidays can be a reminder of their loss. Financial concerns increase and feelings of inadequacy abound.

There are ways to keep holiday depression at bay. Keep gift giving within the boundaries of what you can afford. Avoid foods such as sugars and carbs that make depression worse. Put old issues aside when dealing with family, or if possible, limit the time spent with those who just can't get along.

Moods can be contagious. Try to engage with people who really enjoy the season. Ask people about themselves to take thoughts away from you. If none of that works, remember, the holidays don't last forever!

*"I long, as does every human being,  
to be at home wherever I find myself." – Maya Angelou*

**Tips For Healthy Holidays:**

- ✓ Wash your hands often
- ✓ Stay warm by dressing in layers
- ✓ Manage stress, don't over-commit
- ✓ Don't drink and drive
- ✓ Handle and prepare foods safely

# GOOD DECISION\$

## Avoid Holiday Debt

If you spent the last six months saving for your Christmas shopping then no need to read on. Anyone who hasn't already decided to keep credit card spending to a minimum, get ready to change your mind. Once you add in the months of finance charges, gifts bought on credit end up costing more. To avoid debt this year, make a plan and pay in cash.

Set up a budget; make a list (and check it twice). You aren't on that list, are you? Avoid the "one for you, one for me" mindset when shopping. Remember that people appreciate simple and meaningful, over expensive and useless. You don't have to buy for everyone and most importantly, don't buy it if you can't afford it!



for a video on "How to make a holiday gift list"



*"Oh for the good old days when people would stop Christmas shopping when they ran out of money."*  
- Author Unknown



## LIVE HEALTHY!

Need some tips for handling holiday stress?

Contact GuidanceResources, our Employee Assistance Program, at 800-311-4327 or on line at [www.guidanceresources.com](http://www.guidanceresources.com) (employee Web ID: MGR311).



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