

Newsletter

Maintain Don't Gain this Winter

 Many people will find themselves exercising less and overeating as the days get colder and shorter. This combination is the reason many people struggle to maintain their weight during the cold winter months.

Here are a few tips to help you prevent winter weight gain:

KEEP MOVING! Exercise tends to be the first activity dropped during the busy winter months. To avoid this, schedule your exercise just like you would any other meeting or event. It may be time to recruit an accountability partner or try a new group exercise class to add some fun and variety to your routine.

DON'T GIVE YOURSELF PSYCHOLOGICAL PERMISSION TO GAIN WEIGHT DURING THE WINTER. Think of all the hard

work you will need to do to get rid of that winter weight. Weigh yourself weekly so you can keep yourself accountable.

EAT MINDFULLY. It's okay to occasionally indulge in your favorite treats, but try to avoid mindless munching. Instead, have a small portion of a treat and really savor the flavor.

BRING A HEALTHY DISH. Bring a healthy side dish to family gatherings and holiday parties.

DON'T SKIP MEALS. Skipping a meal may slow your metabolism and will almost certainly lead to overeating. Try and maintain a regular eating pattern.

Exercise of the Month: Think Outside the Gym

For the past several years, health experts have recommended that people exercise at least **150 minutes per week** for optimal health. Recent research is hinting that, regardless of exercise, **sedentary lifestyle increases disease risk**. What does that mean? It means that while 30 minutes a day of exercise is good for you, it may not be enough to completely cancel out the effects of being inactive for the other 23.5 hours of your day.

So what can you do? No, this doesn't mean you have to spend more time at the gym, rather think about how you can **incorporate movement** into the rest of your day outside of "exercise."

Here are some tips:

- **Walk as much as possible.** It can help if you recruit a walking partner.
- **Get up every half hour** for a 1-2 minute movement break.
- **Create a dynamic work station** that allows you to assume different positions throughout the day.
- **Play with your children or grandchildren.**
- **Host walking meetings.**
- **Explore nature.**
- **Stand, stretch, or incorporate exercise movements into meetings.**
- **Take the stairs** instead of the elevator.

The bottom line: evaluate how much time you spend being inactive and problem solve to see where you could squeeze more movement into your day. If you exercise, keep it up, but know that exercise is just one piece of the puzzle.

Coming this Month

Cooking Demo: **Skinny Peppermint Hot Chocolate**



Creamy decadent hot chocolate is a favorite in the winter season. This homemade recipe is a nice alternative to some of the pricey, higher calorie cocoa options at local chains. This protein and calcium rich option can be a perfect way to warm up on a cold winter's night!

[Click Here for This Month's Education Calendar](#)

Fitness Classes offered:

Bootcamp
Chair Fit
Beginner Yoga
Gentle Yoga
Hatha Yoga
Progressive Yoga
HITT
Line Dancing
Meditation
Strictly Strength
Total Body Circuit
Zumba

[Click Here for This Month's Fitness Calendar](#)



Pumpkin Yogurt Parfait

Love pumpkin pie, but don't want all the calories? Satisfy your pumpkin craving with this perfect blend of **creamy**, **sweet** and **crunchy**! Low in calories and fat, this treat is sure to dazzle your taste buds.

Ingredients:

- 1 cup fat-free or low-fat vanilla yogurt
- ¼ cup 100% Pure Pumpkin
- ¼ teaspoon pumpkin pie spice
- ½ cup low-fat or fat free granola

Directions:

Combine: yogurt, pumpkin and pie spice in small bowl. **Place:** divide mixture into ½ cup servings. Top with ¼ cup of granola.



Recipe Source: www.verybestbaking.com/recipes/141683/everyday-pumpkin-parfait/
Modifications by Abigail Kurowski, MS, RDN

Eat This, Not That Holiday Gatherings



Lighten up your favorite traditional dishes by making simple changes to cut back on calories, fat, sugar and sodium. Enjoy this leaner holiday menu, without sacrificing the flavor!



Leaner Holiday Menu

- 4-ounces skinless turkey (white)
- ¼ cup gravy
- ½ cup whole grain apple cranberry stuffing
- ½ cup steamed green beans
- ¼ cup cranberry relish
- 1 fresh whole-grain roll
- 1 slice pumpkin pie

Total calories: 800 | Total Fat: 18 grams



Traditional Holiday Menu

- 4-ounces skinless turkey (dark)
- ½ cup gravy
- ½ cup traditional stuffing
- ½ cup green beans with butter sauce
- ½ cup cranberry relish
- ½ cup mashed potatoes
- 1 slice pecan pie

Total calories: 1,300 | Total Fat: 60 grams

- Simple Swaps:**
- | Switch from dark meat turkey to white meat turkey
 - | Decrease the portion of gravy
 - | Cut back on calories, fat and sodium and swap traditional for whole grain apple cranberry stuffing
 - | Steam and season the green beans skipping the butter sauce
 - | Decrease the portion of cranberry relish
 - | Choose a whole grain roll instead of mashed potatoes
 - | Choose pumpkin pie instead of pecan pie (one slice of pecan pie can be as much as 500 calories and 40 grams of sugar compared to pumpkin pie at 300 calories and 25 grams of sugar)