

Newsletter

Holidays Without Headaches

While the holiday season is a time to relax and unwind with family and friends, often this time of year can be very stressful. Don't forget to take care of yourself and recognize that you are best prepared to make the most of your family celebrations when you feel good. **It is OK to set reasonable expectations for yourself and how much you can handle. It is OK to say no to unwanted invitations. It is OK if you don't spend as much money as last year.** Give yourself time to relax. And recognize that the holidays don't have to be "perfect."

For more tips on how to enjoy more and stress less this holiday season, check out www.liveandworkwell.com.



Exercise of the Month: Seated Leg Extensions



To tone and strengthen the top of the thighs and condition thigh muscles as knee stabilizers:

- Sit in a chair, feet hip width apart, and knees above ankles.
- Inhale to prepare and exhale as you straighten your left leg without locking your knee.
- Inhale as you lower your leg.
- Do 8-12 repetition's and repeat with right leg.

To add resistance to this exercise you may use an ankle weight. For an additional stretch, flex your foot and pull your toes towards your knee as you raise your leg. This will stretch your calf.

Coming this Month

Cooking Demo:

Chocolate Avocado Pudding

Maybe it's the cold weather, stress from the holidays, or just tradition that makes us crave chocolate and fat this time of year. Whatever the reason, you need to know how to combat these cravings with a healthy sweet treat. Join our expert dietitian as she whips up some creamy avocado chocolate pudding that is chock-full of nutritious ingredients.

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

Fitness Classes offered:

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

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



November Cooking Demo Recipe



Quinoa Salad with Cranberries and Pecans

Ingredients:

- 1 cup of dried quinoa
- 2 large carrots, grated
- ½ cup chopped pecans
- ½ cup unsweetened dried cranberries
- ¼ cup chopped green onions
- ¼ cup olive oil
- 1 lemon
- 1 teaspoon ground coriander
- 1 pinch of cayenne pepper (optional)
- Pinch of black pepper
- ½ cup chopped fresh parsley
- 1 tablespoon chopped fresh sage, or 1 teaspoon dried

Directions:

- ➔ Rinse quinoa in a fine mesh strainer. Put quinoa in a small pot and add 2 cups water. Bring to a boil, cover and reduce heat to low, and simmer for about 15 minutes. Let quinoa cool and fluff with a fork.
- ➔ Put slightly cooled quinoa in large salad bowl and mix in carrots, pecans, cranberries, green onions, oil, and sprinkle with spices, salt and pepper. Zest and juice the lemon and add it to the quinoa.
- ➔ Stir in parsley and sage. If desired, moisten with a little more oil and lemon juice before serving.

Recipe Source: Recipe from: http://well.blogs.nytimes.com/2010/11/17/mark-bittmansustainable-thanksgiving/?_r=0
Modified by Ashley Denton, RDN, LD

Cost per Recipe: \$5.75 • Cost per Serving: \$0.96 • Yield: 6 servings (serving size = ¾ cup)



Food Fight “Eat This, Not That” At Chipotle



Chipotle is committed to providing “Food with Integrity.” The chain offers simple foods and cares deeply about where its ingredients come from. Of course, sustainability and fresh options are wonderful, but that doesn’t mean every choice is a healthy one! Sour cream and large flour tortillas can still pack quite the caloric punch. Luckily, Chipotle can modify any order and has plenty of healthier choices, such as fresh salsas, beans, and grilled vegetables.

Eat this!

Option #2: Steak burrito bowl with brown rice, black beans, fajita vegetables, fresh tomato salsa, cheese, and lettuce

Calories	670
Fat	21 grams
Saturated Fat	8 grams
Cholesterol	95 grams
Sodium	1345 mg
Carbohydrates	72 grams
Dietary Fiber	17.5 grams
Protein	50 grams

Not that!

Option #1: Steak burrito with white rice, pinto beans, fresh tomato salsa, corn salsa, sour cream, cheese, and lettuce

Calories	1140
Fat	40 grams
Saturated Fat	15.5 grams
Cholesterol	27 grams
Sodium	25 mg
Carbohydrates	134 grams
Dietary Fiber	19 grams
Protein	59.5 grams

For an equally filling option, you can cut the calories, fat, sodium, and carbohydrates nearly in half by making a few small changes! Substituting brown rice for white rice and foregoing the large flour tortilla are easy ways to improve your Chipotle order. Adding fajita veggies instead of corn salsa also cuts down on calories and carbohydrates. Keep in mind even the healthier options at Chipotle can be high in calories due to large portion sizes. Try to save half of your order for later or split it with a friend.