

# HEALTHLINES

Winter 2004

## Chad's Corner

Season's Greetings to one and all! Once again, all of us at Body Symmetry would like to take this opportunity to thank you for yet another wonderful year. We have much to be thankful for; our families, friends, this great country of ours, and of course our health and well being!

Having trouble with gift ideas for the holidays? Why not consider a gift certificate from Body Symmetry! We will be happy to customize a gift certificate for that special someone. Whether you are interested in a 10 session package or a single session, the gift of fitness is the perfect size, shape and color for just about anyone.

If you are ever lucky enough (or unlucky) to talk to me or one of the other trainers about nutrition, you probably sense the degree of passion and commitment we have to sound, healthy eating behaviors. For many of us, the holidays too frequently present a precarious situation when it comes to food selection. We all know what a few weeks of poor food choices can do to all of the past years hard work and dedication. In this issue of Healthlines, Betsy Link addresses how you can better manage your holiday eating with her excellent article, "How to Prevent Holiday Weight Gain".

Over the summer, Betsy Link attended the prestigious Chek Institute in San Diego and completed a weeklong certification program. I would like to take this opportunity to congratulate Betsy on achieving the "Chek Exercise Coach" designation. She recently learned she passed this very demanding certification program. Good job Betsy!

From all of us at Body Symmetry, Happy Holidays!

Yours in Health, Chad Marschik

## How to Prevent Holiday Weight Gain *by Betsy Link*

It is that time of year again, the leaves are falling, the days are getting colder, and the holidays are right around the corner. This means that the season of gaining weight has also returned. According to the American College of Sports Medicine, the average American gains 1 to 5 pounds between the months of November and January, which is an excess of 3500 -17,500 calories! Furthermore, recent studies have shown that this extra weight is still clinging to most Americans one year later. So, how can you prevent weight gain through

the holidays and into your new year? Below are some tips that may be helpful.

- **Take it easy on the alcohol.** Calories from alcohol add up quickly and alcohol impairs your nutritional judgment, so you may end up eating more food or food with a higher fat content.
- **Bring a healthy dish to share.** Rather than always taking pies and cookies to a party, bring a vegetable dish or a fruit plate to the party. That way you will know there are healthy alternatives
- **Get rid of any temptations.** Throwing away any leftovers or giving them to someone else will prevent unhealthy snacking.
- **Keep a food diary.** If it is very difficult for you to pass up a Christmas cookie or candy, write everything down, and make yourself accountable for every calorie.
- **Exercise.** The holiday season is extremely hectic, but whatever you do, don't reduce your exercising. Make sure that you are keeping your appointments with yourself and with us. You may even want to think about adding a few minutes to your exercise routines. This will help you burn off the extra calories you may be eating and help reduce any holiday stress. Resources: American College of Sports Medicine, [www.acsm.org](http://www.acsm.org).

<u>Dish</u>	<u>Calories</u>	<u>Burning it off</u>
Turkey (white meat)	197 per 3.5ounces	35min. walking at 45mph
Turkey (dark meat)	221 per 3.5ounces	20min. of kickboxing
Cornbread stuffing	358 per cup	35min. on elliptical trainer
Cranberry sauce	105 per 1/4cup	15min. on stair climber
Mashed potatoes	237 per cup	70min. of weight lifting
Pumpkin pie	316 per slice	40min. on stationary bike
Pecan pie	503 per slice	80min. of low impact aerobics
Eggnog (with alcohol)	402 per cup	35min. of lap swimming

Please enjoy your holiday season, and enjoy the holiday food. We are not suggesting that you do not indulge in any of your favorite foods, we are just encouraging you to not overindulge. So, if you follow these simple tips you may be able to have your cake and keep it off your hips!

### **Sautéed Spaghetti Squash With Garlic**

Halve a spaghetti squash lengthwise, place halves upside-down in a shallow baking dish and microwave on high 5-7 minutes, until flesh is fork-tender. Using a fork, scrape flesh from skin, making "spaghetti" strands. Heat 2 teaspoons olive oil in a large skillet over medium heat, add 2 minced garlic cloves and spaghetti squash and sauté 2-3 minutes, until golden. Season to taste with salt and black pepper. Serves 4.

*Nutrition Score per serving (1 cup): 51 calories, 37% fat (2 g; < 1 g saturated), 54% carbs (7 g), 9% protein (1 g), 3 g fiber, 26 mg calcium, < 1 mg iron, 151 mg*

*sodium.*  
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