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## **Maintain No Gain 2009 Holiday Fitness & Nutrition Challenge**

It's that time of year again. The weather is getting colder, days are shorter, exercise sessions dwindle and comfort food is everywhere. It's time to prepare for the unwanted holiday weight gain and make a plan.

Statistics have shown that holiday weight gain can vary from 7 to 10 pounds. Many people will lose *part* of the holiday weight resulting in a net gain of 1-2 pounds. After many years of holiday celebrations the pounds can really add up, contributing to obesity later in life. Prevent this from happening and make a promise to yourself to maintain your weight during the holidays.

### **Schedule**

October 19, 22 & 29- 10:00-10:30am- pre weigh in (MO32)

November 19- 11:30-12:15- Turkey Burn (meet at MO32)

December 8- 12:30-1:20pm- Special Class: "Celebrity Fitness"

January 7, 11, 12 & 14 - 10:00-10:30am- final weigh in (MO32)

### **Quick Tips for Fighting the Holiday Bulge**

1. **Play Date:** Plan celebrations around activities (ice skating, football, etc).
2. **Wake to Work Out:** Exercise in the morning before you lose motivation.
3. **Exercise Events:** Sign up for a "Holiday Fun Run & Walk" or a "Turkey Trot" to motivate exercise.
4. **Protein Power:** Eat a substantial breakfast that includes protein.
5. **Mindful Munchies:** Have a healthy snack before a big celebration so you're not as hungry when you arrive.
6. **Less is More:** Spend less time in the kitchen (don't make a dozen different desserts). If you do, modify! \*see pg. 3\*
7. **Savvy Selections:** Bring something healthy to the potluck so you are guaranteed a healthy option.
8. **Heat it Up:** Avoid fast food. Make food, such as soups, that you can freeze & reheat when you need a meal in a hurry.
9. **Diet Later:** Don't start a weight loss diet now. Save the diet for the New Year.
10. **Sleep it Off:** Get plenty of rest. People tend to eat more when they are tired and stressed.

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## Tips for Surviving the Holidays



### Make Your Holiday Meal Healthy:

#### 1. Ditch the Dough

White Breads are high in sugar, which means more calories. Opt for whole grains that make you feel fuller longer.

#### 2. Get Steamy

Serve steamed vegetables instead of heavy casseroles. Use spices for flavoring instead of butter, oil, and cheese.

#### 3. Smart Sweet Tooth

Instead of serving a ton of pies & cakes; offer fruit based dessert like fondue, fruit cocktails and plain fresh fruit.

#### 4. Avoid Alcohol

Ease up on the adult cocktails. They are high in calories & increase your appetite. Choose light beer or wine spritzers.

#### 5. Go Vegetarian

Make your first course all veggies. If you're still hungry, go back for seconds and choose lean meats and light side dishes.

#### 6. Savor the Flavor

Holidays are about spending time with friends & family. Don't rush your meal. Savor the flavor and socialize between

### Holiday Activities: How Many Calories are Burned in 1 hour?

1. Standing in line to see Santa: 85
  2. Wrapping Gifts: 150
  3. Trimming the Christmas tree: 160
  4. Preparing a Holiday Meal: 170
  5. Christmas Caroling: 180
  6. Putting up Outdoor Lights: 215
  7. Building a Snowman: 285
  8. Snowball Fight: 315
  9. Downhill Skiing: 340
- \*Based on 1 hour of activity for a 150lb person\*

### How many calories is that worth?

- ½ cup Eggnog: 175  
½ cup of Stuffing: 180  
½ cup Mashed Potatoes: 160  
1/6 slice of 8" Pumpkin Pie: 230

### Healthy Snack & Gift Ideas:

Coffees, Teas & Cider  
Spices  
Fruit & Vegetable Breads  
Healthy Cookbook  
Gift Card to a Sports Store



### Chocolate Mousse

(from Cooking Light)

¾ cup semi sweet chocolate chips  
1 (12.3 oz) package reduced fat firm tofu  
¼ tsp salt  
3 large egg whites  
¼ cup water  
Fat-free whipped topping  
Grated chocolate (optional)

Place chocolate & tofu in a food processor/blender and process for 2 minute- until smooth.

Place salt & egg white in a medium bowl, and beat with a mixer at high speed until stiff peaks form.

Combine sugar & water in a small saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 238°.

Pour the hot sugar syrup in a thin stream over egg white, beating at high speed. Gently stir ¼ of meringue into tofu mixture; gently fold in remaining meringue. Spoon ½ cup mousse into 8 custard cups. Cover & chill. Garnish with whipped topping & grated chocolate.

Per ½ cup	Cal: 147	Fat: 5.6g	Protein: 5.2g
Carb: 22.5g	Cholesterol: 0mg	Sodium: 134 mg	Fiber: 0.2g

**Recipe Modification Guide**

Ingredient:

Shortening, butter, margarine, or solid fat

Modification:

Use ¼ less liquid oil or solid fat called for in the recipe. If the recipe uses ¼ cup shortening, 3Tbs oil. Use equal amounts of oil for melted shortening, margarine or butter. As always, look for trans-fat free margarine.

Shortening, butter, or oil in baking

Use applesauce or prune puree for half the butter, shortening or oil. May need to reduce baking time by 25%.

Whole milk, half n' half, cream, evaporated milk

Use skim or 1% milk, evaporated skim milk, fat free half n' half or plain soymilk.

Cream Cheese

Low/non fat cream cheese. Neufchatel or low fat cottage cheese, pureed smooth.

Sour Cream, cottage cheese, Ricotta cheese

Use non/reduced fat sour cream or plain fat-free yogurt (yogurt is not heat stable). Use low fat cottage/Ricotta cheeses.

Cream, whipping cream

Use evaporated skim milk or nonfat whipped topping or cream (this is only non-fat if 1 serving is used).

Eggs

Use egg whites (2 egg whites = 1 egg) or ¼ C egg substitute.

Sugar

Reduce by ¼ or 1/3 in baked goods/desserts. Flavored extracts can be used to give the impression of sweetness. Replacing sugar with Splenda works well for most baked goods. Add ½ tsp baking soda to each C of Splenda. Baking time is shorter & the product will have a smaller yield.



**Healthy Halloween Treats**

Forget about the usual candy treats; give your treat-or-treaters non-candy items.

**Fruit-** use stickers to decorate fruit

**Small Games/Toys**

**Stamps**

**Balloons**

**Art Supplies**

If you do buy candy, only buy what you need. Buy a day before Halloween to avoid eating it yourself. Choose non-fat candies such as tootsie rolls and small suckers.

**Fruit & Pecan Granola Bars**

*(from eatingwell.com)*

- 1 large egg
- 1 large egg white
- 1 cup light brown sugar
- 1 Tbs canola oil
- 1 tsp ground cinnamon
- ¼ tsp salt
- 1 tsp vanilla extract
- 1 ½ cups toasted oats
- 2/3 cup chopped dried cranberries
- ¼ cup chopped pecans
- 1 Tbs flour

1. Preheat oven to 325°F. Line an 8 by 11 inch pan with foil. Coat with cooking spray.

2. Whisk egg, egg white, sugar, oil, cinnamon, salt & vanilla in a large bowl. Stir in oats cranberries, pecans & flour.

3. Spread in prepared pan. Bake until golden brown (30-35 minutes). Cool; cut into 16 bars with a lightly oiled knife.

<b>Per bar:</b>	<b>Cal: 119</b>	<b>Fat: 3g</b>	<b>Carb: 22g</b>
Pro:	Fiber:	Sodium:	
2g	1g	44mg	



## Cheers to the Holidays!



### Non-Alcoholic Recipes

#### Ginger-Tea Punch:

4 Cups Water

8 Tea bags

6 Tbsp Sugar

2 Tbsp Ground Ginger

10 oz of Ginger Ale

In a medium sauce pan, bring water to boil. Pour water into 1 qt. heat proof pitcher, add tea bags, sugar & ginger. Steep for 8 minutes. Cool, cover & refrigerate. Just before serving, put into a 3 qt. pitcher, stir in ginger ale. (85.2 calories/8 oz serving)

#### Pomegranate-Cider Punch:

2 bottles sparkling cider

½ cup brewed tea

½ cup orange juice

1 ½ cup pomegranate juice

Combine ingredients in a large bowl or pitcher. Chill before serving.

(117 calories / 8 oz serving)

#### Autumn Gold Punch:

24 oz canned apricot nectar

1 ½ cups orange juice

¾ cup lemon juice

1 ½ cup sweet cider

20 maraschino cherries

Combine nectar, orange & lemon juices, cider.

Refrigerate. Garnish with Cherries.

(83 calories / 8 oz serving)

**Here is a list of popular holiday beverages. You may be surprised to find out how many calories are in them**

#### 8 ounce servings

White Russian: 710

Mud Slide: 590

Eggnog: 350

Peppermint Mocha: 235

Pumpkin Frappuccino: 235

Hot Chocolate: 212

Hot Buttered Rum: 209

Pumpkin Latte: 205

Champagne: 182

Sparkling Cider: 140

Remember that you can easily make substitutions to these drinks. Go for nonfat milk and no whipped cream.

Serve your sparkling drinks in a champagne glass to make the serving seem bigger than it is.

#### At Home Workout:

Too busy for exercise? Try this 15 minute routine that is done without equipment

**Squats**- stand with feet hip width apart & arms at your side. Slowly lower your hips to the floor- like you are going to sit down). Keep your knees in line with your ankles. Slowly raise back up.

**Lunges**- stand with feet hip width apart & arms at your side. Drag your right foot back about 3 feet. Slowly drop your hips down to the floor to make a 90° angle with your left leg. Slowly raise back up. Repeat on other side.

**Mountain Climbers**- Get into a push up position. Bring one foot forward & back. Bring the other foot forward & back. Repeat these movements faster as if you were climbing up a mountain. (30-60 seconds)

**Push Ups**- Get into a standard push up position. Hands should be shoulder width apart. Slowly lower yourself down to the floor and come back to starting position.

**Crunches**- Lay on you back with your feet on the floor, hip width apart. Hands should be under your head for light support. Slowly raise your shoulders off the floor & return to starting position.

\*Repeat for 3 sets, 15 reps\*

