

WELLNESS MINUTE

NOVEMBER 2018

10 Tips for a Healthy Thanksgiving Week

ENHANCING
DIGESTION
AFTER A
BIG MEAL

NOVEMBER
EXERCISE TIPS

ROASTED
BEETS 'N
SWEETS



10 Tips for a Healthy Thanksgiving Week

1. Drink plenty of water. You're preparing, getting excited for the turkey and the amazing side dishes, and anticipating making memories with your family. You can't wait to grub! The week of Thanksgiving, drink more water than you normally would. Why? Holiday food is notorious for having more sodium. To counter this, drink more water the entire week. Pro tip: The morning of Thanksgiving, drink two large glasses of water.

2. Make wise choices. The week of Thanksgiving can also be stressful and busy. For a week leading up to Thanksgiving, eat as healthy as possible. Make the choice to take lunch to work rather than go out, eat extra veggies rather than simple carbs, broil or bake your food instead of frying it, and skip dessert. This may mean meal prepping a little more the week before the big day, and it will totally be worth it.

Thanksgiving is almost here and the holiday season is right around the corner. The Fall season brings lots of changes. It gets darker earlier, the weather cools, kids are well into their school routine, and prepping for the holidays may be on your mind. Maybe you're wondering where you're going to eat the Thanksgiving meal, what you're going to make, or who to invite (if you're hosting).

In the back of your mind, you may also have a nagging worry "How am I not going to gain weight?" You may have spent the better part of the year focused on healthy eating or even losing weight, and you don't want to ruin everything. Well, we've got you covered!

3. Eat breakfast on Thanksgiving morning. Skipping breakfast is a recipe for overindulging at the big feast. Eating a healthy breakfast will help prevent overeating, especially if it includes protein, fiber and healthy fats. For example, two scrambled eggs, fresh fruit, and half of an avocado makes for a yummy and healthy breakfast.

4. Be active on Thanksgiving morning. There are many local Turkey Trots, 5K or 10K races, on the morning of Thanksgiving. Sign up in advance to keep yourself motivated and accountable. If you can't take the time for this, be sure to move your body and exercise for a minimum of 15-30 minutes that morning or at some point before the Thanksgiving meal. Stretch, do some push-ups and squats, or go for a walk. Going for an evening walk after your meal is another great option.

5. Enjoy the day. You're with friends and family. You have delicious food, traditions like football and parades to watch, and that smell of holiday food wafting in the air. Be present. Don't obsess about calories. If you've decided to eat it, take your time, savor each bite, and enjoy your meal.

6. Limit alcohol. Not only does alcohol add a lot of sugar and calories, it also reduces your inhibitions. Having several drinks can result in your goal of not overindulging to go out the window.

7. Connect. Thanksgiving is about being grateful and sharing a meal with others. Take the opportunity to reflect on all of the things you are grateful for including the food, family, friends, co-workers, your job, your health, and any other blessings in your life.

8. Give back. As you see the abundance come your way on Thanksgiving, take the time to remember those whose lives are difficult. We can help others by donating our time, money or unopened food to missions and shelters, serving meals, and listening to someone in need. You can also invite someone over for dinner that may not have family or friends with whom to spend the holiday.

9. Go easy on leftovers. If you have the luxury of leftovers, parse them into portions of 2-4 ounces. Turkey is a great, high-protein meal or snack. If you're making a sandwich, be sure to add veggies or healthy garnishes you like, such as lettuce or spinach, cucumbers, tomatoes, onions, avocado or hummus to fill you up with fiber and extra nutrients. Add a salad or vegetables to your plate while you eat other leftovers.

10. Stick to your goals. Eating a little more than normal or indulging in treats or comfort foods on holidays is understandable and won't erase all your efforts, unless you turn it into an "I blew it binge" that continues through the rest of the holiday season. Don't use this as an excuse to give up on your goals. Commit to getting back on track with healthy meals as soon as possible after each celebration.

Enhancing Digestion After a Big Meal

- Drink a warm beverage after your meal. Teas like chamomile, lemon, or ginger are ideal, but any herbal tea will help.
- Avoid lying down for two to three hours after your meal. Being in a horizontal position can increase the possibility of indigestion and acid reflux after a large meal.
- Move your body. After the meal, take the opportunity to help clear the table, wash dishes and/or take a walk around the neighborhood. Walking and other physical activity is good for digestion because it stimulates the intestines.

Feeling stuffed, bloated or other digestive discomforts are common after a big meal like a Thanksgiving Feast. Here are some tips to lessen the potential discomfort and aid digestion.

- The next day, eat foods that are high in insoluble fiber, such as vegetables, whole grains like oatmeal or whole wheat bread, and legumes like beans, lentils or garbanzos. This is another good reason to make leftovers into a turkey sandwich on whole wheat bread with lots of veggies or a side salad.



NOVEMBER EXERCISE TIPS

HOLIDAYS TEND TO MAKE OUR LIVES A BIT MORE HECTIC THAN NORMAL, WHICH CAN MAKE IT CHALLENGING TO STICK TO YOUR EXERCISE ROUTINE. IF YOU NORMALLY EXERCISE OUTDOORS, THE COLD WEATHER CAN ALSO INTERFERE. HERE ARE SOME SUGGESTIONS FOR HOW TO STAY ACTIVE IN SPITE OF THE SEASON.

High intensity interval training, or HIIT workouts are a great way to make your workouts more efficient. With these workouts, you alternate between bursts of intense exercise and recovery periods. This type of workout gets your heart rate up faster and burns more calories and fat without having to do lengthy exercise routines. Dailyburn.com is a good resource for HIIT workouts. Remember to talk to your doctor before starting any new form of exercise.

If cold weather is keeping you indoors binge-watching your favorite shows, do some strength training exercises as you watch. Squats, lunges, push-ups, planks, or arms exercises with free weights are great options. You can even get some cardio in by jogging in place.

If you like dancing, put your favorite music on and dance with your spouse, your kids or by yourself. You can find plenty of dance workout videos on YouTube.com or simply move in whatever way feels good. Have fun with it!

Are you doing some holiday shopping at the mall? Take the opportunity to do some extra walking by parking as far from the entrance as possible. With the crowded parking lots during this time, it will probably be less stressful than trying to find a spot close by. Speaking of malls, some are open in the early morning simply for mall walking. This is a great option if it's too cold, rainy or snowy to walk outdoors.

REMEMBER, WE ALL TEND TO EAT MORE THIS TIME OF YEAR SO KEEPING UP WITH EXERCISE IS EVEN MORE IMPORTANT DURING THIS SEASON.

This recipe is great as a side dish or salad on Thanksgiving or any other day. Roasting veggies brings out their natural sweetness and are great during Fall.

- 6 cubed beets
- 3 peeled and cubed sweet potatoes
- 1 large sweet onion
- 3 tablespoons of olive oil, divided
- 1 tsp. garlic powder
- 1 tsp. salt
- 1 tsp. ground black pepper

Roasted Beets 'n Sweets

Directions

Preheat oven to 400 degrees F.

Toss beets with 1 Tbsp. of olive oil and spread them in a single layer onto a baking sheet.

Bake for 15 minutes.

In a large bowl, combine 2 Tbsp. of olive oil with the salt and seasonings.

Add the sweet potatoes and onion, tossing vegetables to coat evenly with the oil and spices.

Put them onto a large baking sheet and put them into the oven.

Roast vegetables until tender, about 45 minutes.

Stir them half way through for even roasting.

Once cooked, serve them as a side dish or make them into a salad by adding them to a bed of greens and sprinkle with goat cheese. You can also add sliced avocado, if desired. Top with olive oil and balsamic vinegar for dressing.

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