

# HEALTHY *You!*

"Your Source For A Happy and Healthy Lifestyle."

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## THIS EDITION FEATURES:

### **Socialize Your Workout**

- Master the Dessert Table
- How to Choose Cooking Oils
- Avoid Holiday Burnout
- Kindness Matters

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# Socialize Your Workout

If you want to be more active, try surrounding yourself with people who support your fitness goals. Whether it's finding gym buddies, kicking a ball with the kids, or cardio with your colleagues, there are endless opportunities to squeeze in a social workout. And you'll probably have more fun than you would working out alone! Try these tips:

- **Spend quality time with the family.** Finding time to exercise can be extra hard when you have a family. But being physically active as a family not only increases the amount of time spent together, it also improves the quality of that time. According to [letsmove.gov](http://letsmove.gov), kids should get a total of 60 minutes of physical activity each day. Adults should aim for 30. Here are some ways to be active as a family:
  - Take a walk or bike ride after dinner, or go on a nature hike on the weekend.
  - Schedule a game night with the Wii for some active video games, or try some old-fashioned charades.
  - Challenge each other with exercises during TV commercials.
- **Work out at work.** The support of colleagues can have a positive impact on your wellness journey and can help you make fitness a regular part of your workday. Try meeting at the gym before or after your shift. Or you could encourage each other to walk or run during your lunch break.
- **Buddy up.** A workout partner or exercise friend can keep you focused, driven, enthusiastic, and accountable. Whether looking for a gym buddy, cycling partner, or a running mate, team up with a person with similar goals and a committed attitude. Try networking in a fitness class, sign up for group sports leagues, or take group lessons such as rock climbing. Find a workout partner online at [ExerciseFriends.com](http://ExerciseFriends.com) or [workout-buddies.meetup.com](http://workout-buddies.meetup.com).

## Master the Dessert Table

If sugar plum fairies are already dancing in your head, then it's time to turn your imagination away from cookie trays and candy bowls and toward tactics to conquer your cravings. Here are some helpful ways to navigate holiday parties without overindulging:

1. **Don't show up hungry!** Have a healthy, protein-rich snack before leaving.
2. **Avoid the "I'll have just one" mentality.** You crave what you eat, so having one cookie will just strengthen your desire for another.
3. **Show up relaxed.** Stress is a huge trigger for cravings and can leave you less able to fight them.
4. **Distract yourself.** Cravings usually last about 10 minutes. Focus on something else at the party. Pet the dog, have a conversation, or drink a big glass of water.

If you falter, don't beat yourself up; just plan to make a different decision next time. You can also balance an extra cookie with a longer workout the next day.





# How to Choose Cooking Oils

We know that there are “good fats” and “bad fats,” but how does this apply to the fats we use to fry, sauté, and bake? Here are two points to consider:

- **Liquidity.** A good rule of thumb is to remember that bad fats, such as saturated and trans fats, are solid at room temperature — a stick of butter, for example. Good fats, such as monounsaturated and polyunsaturated fats, are liquid at room temperature, such as olive oil.
- **Smoke point.** When oil starts smoking, it releases toxins, so knowing which to fry with and which to use for drizzling is important. For example, olive oil (with the exception of light olive oil) should not be used for searing or deep-frying because it has a medium-high smoke point.
  - For frying, avocado and sunflower oils are great options.
  - When baking or sautéing at medium-high heat, canola, grapeseed, and olive oil can be used safely.
  - For low heat sautéing, opt for sesame, coconut, or corn oil.

***Stock your pantry with a variety of healthy cooking fats, and your body will thank you!***



## Recipe of the Month:

### Avocado Oil Roasted Sweet Potatoes

#### Ingredients:

1 tablespoon brown sugar

2 sweet potatoes

1 tablespoon avocado oil

Salt and pepper to taste

#### Instructions:

Peel potatoes and cut into 1 ½ inch cubes. Place on a cooking sheet, sprinkle on brown sugar and drizzle on avocado oil. Toss to coat. Bake at 400 degrees for 20 – 30 minutes, turning halfway through cooking. Add salt and pepper to taste.

# Kindness Matters

When is the last time you helped someone without expecting anything in return? If it's been a while, do something kind today for a stranger, colleague, family member, or friend. You'll make someone feel good and end up feeling great in return.

## Kindness isn't costly

A simple smile, compliment, or "thank you" can be an act of genuine care and thoughtfulness for another person. Kind acts don't have to cost a penny or take a lot of time.

## What you put out comes back to you

Being kind to others strengthens connections. By building a mutual support network, you will be more likely to get support in return when you need it.

## Be considerate and thoughtful of others

To be kind, be aware of the people around you and pay attention to their needs and feelings.

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## 5 Easy Acts of Kindness

1. Clean your closet and donate clothes.
2. Let someone have your parking spot.
3. Donate blood to help save lives.
4. Visit someone who may be lonely.
5. Tell someone they're doing a good job.



# Avoid Holiday Burnout

'Tis the season when demands on your time and energy can send stress levels soaring. Between holiday shopping, cleaning, and work, it's okay to set limits on commitments. Remember, it's impossible to please everyone!

If this festive time of year feels like it's just piling more on to your hectic and overscheduled life, try these tips to help you enjoy the holidays:

- **Sleep.** Don't sacrifice sleep! It should be on the top of your priority list. Sleep is restorative, will give you energy, and will make you more productive.
- **Prioritize.** Make a list of everything you'd like to get done this season. Choose which items are most important to you and let go of the rest.
- **Shop early.** Avoid the aggravation of parking, lines, and the rushing that comes with last-minute shopping.
- **Leave time for yourself.** Instead of committing to every social event, be realistic about your time and don't add unnecessary stress and fatigue.





# Act or React?

Major life changes, work issues, problems at home, and finance challenges — it can pile up! How we react to stress is within our control. Excessive worrying, negative thoughts, unrealistic expectations, and pessimism can make stress even worse. So, how can you control your negative thoughts?

- **Remember that mistakes are inevitable.** Without mistakes, you never grow personally or professionally. No one is perfect, and it is important to maintain confidence in stressful situations.
- **Deal with what you can control.** When you are having negative thoughts, remind yourself that these thoughts will only get in your way. Let go of factors that are beyond your control and adapt to them.
- **Have a positive outlook.** Maintain a sense of humor and roll with the punches of everyday life and work. Remember to take the changes in stride.

Although stress is bound to happen, we can defeat it by avoiding negative thoughts. These thoughts only keep us in a stressful state. Stress is inevitable, but it does not have to be crippling.

## Monthly Quiz:

### 1. Which of the following activities can help you be more regularly active?

- Surround yourself with people who support your goals.
- Force yourself to go to the gym.
- Read about activities that interest you.

### 2. Which is the best option to avoid overindulging at a holiday party?

- Take a handful of cookies and hide in the closet.
- Eat a healthy snack before the party so you aren't too hungry.
- Vow to only eat one cookie.

### 3. Identify the act of kindness below:

- Taking someone's parking space
- Avoiding a call from your mother
- Sharing a simple compliment



ANSWERS 1.) a 2.) b 3.) c

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