



Health and Performance Centre

Holiday Health December Fitness Newsletter 2012

The holiday season is known as a time for family gathering, celebrating, and ultimately, eating. As the holiday season approaches, many temptations arise that can cause festive-over indulgence. Although long term health problems are not caused by one day of over eating, the holiday season may be a trigger for pre-existing conditions. How can you make healthier decisions this holiday season?



Nutrition Holiday Facts

- Often, people consume almost double their recommended daily caloric intake at least once through the holidays
- People often underestimate the amount of calories in holiday beverages
- Holiday dinner can come with an average of 147 g of fat
- Eggnog contains a daily allowance of sugar and half a daily allowance of cholesterol in one cup
- The Average person gains 0.5 kg of Holiday weight

Holiday Tips For Indulging

- Eat a healthy breakfast to provide your body with fuel needed through the busy holidays
- Load up your appetizer plate with colourful vegetables and fruit first, and choose only a couple of sweets
- Adjust your caloric intake for the day if you're planning on attending a social event at night
- Don't skip meals to allow for holiday beverages. By skipping meals, you are more likely to drink more, and snack later
- Be cautious of serving sizes
- Alternate between alcoholic drinks and low calorie, non-alcoholic drinks or water
- Drink water before eating holiday dinners, and stay hydrated throughout the day
- Eat slowly, making sure to fully chew each bite fully to avoid over eating
- Although vegetables are healthy for you, those glazed or cooked in a sweet sauce are high in calories and sugar
- Opt for fresh or frozen vegetables instead of canned vegetables to reduce sodium intake

Interesting Holiday Facts

- Tryptophan, an amino acid in turkey, is responsible for the 'sleepiness' felt after a large turkey dinner
- Although it is possible to feel ill if consuming a large amount, poinsettia leaves are not toxic
- Christmas trees are edible, as many parts of pines, spruces, and firs can be eaten. The needles are a good source of vitamin C. Pine nuts and pine cones are also rich in vitamins
- The characteristic 'hook' shape of the infamous candy cane was intended by its German creator to represent the crooks carried by shepherds.



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Ways to Exercise over the Holiday Break

Just because you're on holiday break doesn't mean you can't maintain your fitness routine. Exercising also helps to reduce holiday stress! Try these holiday fitness ideas out alone, or with the family, and have fun while exercising.

- Take short, 15 minute walks outside and enjoy the holiday decorations
- Take an exercise class with friends and family
- Learn to ski or snowboard
- Go tobogganing
- Go ice skating
- Park further away from the entrance of stores
- Take the stairs
- While watching television, short exercises such as jumping jacks, crunches, planks, or push ups are perfect for commercial breaks.



Food Alternatives for the Holidays

Give your holiday recipes a makeover, by replacing high calorie or high fat ingredients with healthier choices, or preparing meals in a new way.

- If you are making pan gravy, skim the fat off first.
- For white sauces, use skim milk and margarine
- For dressing or stuffing, add low sodium broth or pan drippings with fat skimmed off, instead of lard or butter. Use whole grain bread and herbs and spices for flavour.
- For sweets, use egg whites or egg substitutes instead of whole eggs
- For meat, trim away all of the visible fat before cooking, and remove poultry skin before eating
- Broil, grill, roast, poach or boil meat, poultry or fish instead of frying



Check out www.health.com/health for more holiday dish alternatives



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Lightened-Up Holiday Cookie Dough Recipe



Try this versatile cookie recipe, and enjoy your holiday sweets without the added calories!

Directions

1. In a large bowl, cream butter and sugars until light and fluffy. Beat in the eggs, oil and vanilla. Combine the flour, salt and baking soda; gradually add to creamed mixture and mix well.
2. Divide dough into four 1-1/4-cup portions. Shape each into a disk; wrap individually in plastic wrap. Refrigerate for 1 hour or until easy to handle, or freeze for up to 3 months. Yield: 4 portions (1-1/4 cups each).
3. To use refrigerated cookie dough: Divide each portion into two balls; roll each ball directly on an ungreased baking sheet to 1/4-in. thickness. Cut with a floured 3-in. cookie cutter, leaving at least 1 in. between cookies. Remove excess dough and reroll scraps if desired.
4. Bake at 350° for 6-7 minutes or until bottoms are lightly browned. Cool for 2 minutes before removing to wire racks to cool completely. Decorate as desired.

Ingredients

- 1 cup butter, softened
- 1-1/2 cups granulated sugar
- 1-1/2 cups packed brown sugar
- 3 eggs
- 1/3 cup canola oil
- 1-1/2 teaspoons vanilla extract
- 4 cups all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon baking soda

Prep: 15 min. + chilling

Bake: 10 min.

Batch Yield: 120 Servings

Nutrition Information

Per Cookie	Fibre: trace
Calories: 56	Protein: 1g
Fat: 2g	Cholesterol: 9mg
Carbohydrate: 8g	Sodium: 39mg



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Brought to you by Physiotherapy Volunteers at the HPC

This Edition By Tara Penney



References and Further Reading

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- Health Website: www.health.com/health
- Taste of Home Website: www.tasteofhome.com/recipes/lightened-up-holiday-cookie-dough

Did you find this newsletter interesting and helpful?

Do you have more questions on how to make healthy changes to your lifestyle?

Is Pain holding you back? Talk to one of our physiotherapists, chiropractors or massage therapists!

For information on our programs, check out our website www.uoguelph.ca/hpc and click on the "Fitness and Nutrition" tab, or call a friendly receptionist at the HPC at [519-767-5011](tel:519-767-5011)

