

Enjoy your holidays but try to stave off those bonus pounds by keeping active!!



Take advantage of family time . . .

Take a twinkle (Christmas light) tour with the family, but pick a nice evening and walk rather than drive.

There is going to be food at every gathering so try to spend some time taking part in a game! If you are involved in a game you will be less likely to continually snack the whole time.

Take a walk before your big meal! If you wait until after you may be more likely to feel the urge to sleep it off rather than walk it off.

BEST and WORST Resolutions!!

FOR YOUR DIET . . .



BEST: To make a healthier grocery list. To help maintain weight and ward off illness, stock your fridge with plenty of fibrous-, vitamin and antioxidant-rich colored vegetables and fruits! Find the ultimate “healthy shopping cart” at fitnessmagazine.com/grocerylist.

WORST: To purchase foods just because the label reads “organic.” While they are better for the earth, they’re often no more nutritious than nonorganic items. All it means is, they were exposed to fewer pesticides and chemicals.

FOR YOUR BODY . . .

BEST: To do a teeny bit more. Add 5 minutes to your cardio workout. Drink more water. Research shows that incremental tweaks make the greatest impact on behavior.

WORST: Take a 6 am spinning class six days a week. Are you certain that’s not the caffeine talking?

(Fitness Jan 2007)

Fit Facts

Do **YOU** know the high price of your holiday nibbles?!



2 spoonfuls of cookie batter	128 cal	6g fat
4 sips of eggnog	86 cal	5g fat
2 pigs in a blanket	72 cal	6g fat
1 head of a gingerbread man	115 cal	4g fat
1 sm handful of party mix	60 cal	3g fat
1 sm cheese cube	69 cal	6g fat
1 slice honey-baked ham	70 cal	2g fat
1 lg forkful of pecan pie	101 cal	1g fat

(Shape Dec 2006)



Fit Fun

Tara’s core exercise of the moment:
SPIDEY BRIDGE



Performing a plank, bring your knee to the left elbow and repeat with the right side!! Great OBLIQUES!!



Get Fit

Set 3 goals for yourself for the New Year, and 3 ways you are going to achieve those goals!

Make yourself a 4th goal of getting someone to do it ALL with you!



Have a **VERY** Merry Christmas
And A Happy New Year!!!

