

# MedwellNews

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## YOUR GUIDE TO: HOLIDAY PARTIES

The holiday season is upon us! While we may get ourselves in some credit card debt with all that shopping, let's try to avoid it with eating (meaning we'll eat however and whatever we want and pay off the overeating come the New Year). This year let's create a check and balance with the holiday fun. Here are some tips to help us enjoy the holiday parties while keeping tabs on our health and weight.

### Don't Starve Yourself

- If you ditch your meals the day of the party, you will overeat at the party. Have something small at breakfast and lunch.

### Eat in Courses

- You're going to be at the holiday party for quite some time. Take a little food, move away from the buffet, take your time and enjoy it. Then, go back for the next course.

### Take Less than You Think You Want

- Put your nibbles on a napkin instead of a plate. This will help you control the amount you're able to serve yourself.

### Alcohol Consumption

- Alcohol lowers inhibitions so this could lead you to overeat.
- Wait and have your drink with the meal versus prior to the food being served.
- When you have an alcoholic drink, follow it with some water.

### Mighty Mints

- Enjoy a mint at the party. This can help you reduce the craving to overeat. Here are some clean brands to choose from:
  - Altoids-the peppermint flavor
  - Newman's Own
  - Vermints
  - Excite (a brand that is specifically found at Aldi grocery stores)

## RECIPE THE MONTH



### Spiced Apple Cider

#### You'll Need

- 1 gallon apple cider
- 12 whole cloves
- 3, 3-inch cinnamon sticks
- 2 whole nutmegs
- 2 chunks crystallized ginger

#### Directions:

##### Stovetop

- Heat all ingredients on low to medium-low heat on stove top for approximately 30 minutes or until spices flavor the cider.
- Keep on very low heat to keep warm while serving.

##### Crockpot

- Dump all ingredients in a crockpot and heat on high for 2 hours, then switch to low to keep warm until ready to serve.

# WELLNESS NEWS OF THE WEIRD

In a letter to the editor found in the New England journal of medicine weight gain around the holidays is global. Researchers looked at three countries: Germany, Japan and the United States and what was noticed was the 10 days after Christmas yielded an average of 1.3 pound weight gain for Americans, 1.8 for Germans and 1.1 for the Japanese. The study also noted that Americans gain weight during Thanksgiving, the Germans around Easter and the Japanese during the beginning of May which is called the "Golden Week."

# YOU CAN'T PICK YOUR FAMILY

The holidays bring us together and that may be a blessing at times and a stressor at others. Here are some tips to help you keep your cool around the family members (or other people) that may push your buttons. This is an important thing to get under control as poorly managed stress may lead to overeating and since so much food is around this time of year we need strategies in place to set us up for success.

- Create some quiet time before you head to the event.
- Create your "getaway" tag line. For example, "I'm going to get some water." This allows you to leave an unpleasant conversation and find some others to socialize with.
- Create healthy laughter in your life. It helps us to not take things too seriously.

## JUST MOVE

During the holidays, we tend to veer from our normal schedules and this could affect our typical exercise routines.

One thing we must continually remind ourselves of is that every little bit of exercise counts.

We live in a society where gyms and extended workouts are marketed as the best form of exercise; so it's hard for many of us to believe that every little bit of movement does add up. The Mediterranean people walk all the time and they are doing a great job as a culture managing their weight. The plethora of pedometers we have seen flooding our culture are demonstrating the same thing.

So, let's focus on shifting our thinking—let's lean towards fitting movement in whenever and however we can. This holiday season, set the goal to keep the steps up! Be at peace with the fact that your typical exercise routine is going to change but continue to remind yourself that you can enjoy the holidays in a healthful way and short bursts of exercise is a huge key in that process.

## ASK WILL

*My family tends to give out unhealthy holiday gifts such as gift baskets that contain a bunch of sugar and fake ingredients. Do you have any suggestions I can share with my family for healthier gift options?*

I like to give gifts that involve food and beverage that I know the person will enjoy but would not likely consider purchasing on their own. These are some of my favorites...subscriptions to Community Supported Agriculture boxes. I have also given gift certificates to small grocery stores that feature gourmet food items such as top of the line balsamic vinegars and olive oils. Many times, these stores create holiday baskets filled with real ingredients. In addition, I have given gift cards to local coffee shops or wine bars.

If you'd like a more detailed list of ideas, email Rita as I know she compiled a list of healthy holiday gift ideas. [rita@willclower.com](mailto:rita@willclower.com)



### HAVE A QUESTION?

Email him:  
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