

JOY TO HEALTH

This year, let's focus on the gift of health for others, ourselves, and the environment.

We hear it all the time ... it is better to give than receive. Science backs up the benefits that it can do for our personal health.

- Create time to volunteer at a soup kitchen.
- Donate to an organization you support.
- Help a friend who is struggling by cooking or babysitting for them.
- Visit those that confined to their homes.

Now think about yourself. Think about something you can do for your health whether it be with food choices, exercise or stress management.

- Take time to practice 5 minutes of structured silence a day.
- Make an appointment with yourself this week to participate in an exercise you enjoy.
- Focus on clearing and decorating the eating area in your home to be an inviting place.
- Commit to consuming only real foods during the holiday season and beyond.

Every little bit does count! Think about what you can do for the environment which, in turn, can benefit your health too!

- Walk places when possible.
- Eat completely plant-based at least once a week.

RECIPE THE MONTH

Banana Quinoa Muffins

You'll Need

- 6 tablespoons melted butter
- ½ cup maple syrup
- 2 eggs-lightly beaten
- 4 ripe bananas mashed
- 1 cup quinoa flour
- 1 cup cornmeal
- 1 tsp baking soda
- 1 tsp baking powder
- ½ teaspoon salt

Directions

- Blend together butter and maple syrup. Add in the eggs and bananas. Mix.
- In a separate bowl, blend all dry ingredients.
- Add dry ingredients to wet and mix until combined.
- Bake at 375 for 16-18 minutes.

These muffins can make a wonderful homemade gift or part of a brunch to serve to guests from out of town.

GIVE THE GIFT OF HOMEMADE

This is an easy gift to make and it's a great one to have the kids create too!

Decorate a jar (or bottle) and then inside the jar add:

- ¼ cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- Salt to taste

As part of the decoration, make a tag that reads "Mediterranean Salad Dressing."

Include instructions that read "Shake before use." This dressing does not need to be refrigerated.

You can also double or triple this recipe as you see fit.

PEACE IN EATING

People feel terrible when they have taken the "over the edge bite." It's the bite that takes you from the satisfied feeling to the "I feel sick" feeling.

This is a reality for us living in the land of abundance. It is important to forgive ourselves and move on to help us have less days that consist of giving into "over the edge bite."

For example, let's say you're at a party and you know you ate too much... This can go two ways:

1. It can lead to you turning tomorrow and the next into bad eating days.
2. You recognize it was only one night out of the many nights you were granted this year and you can reflect on what to do tomorrow to hit the reset button. For instance, you can commit to having a lighter lunch and/or pass on breakfast. Also, think of a way to add some extra movement into your day. A set of push-ups or squats before your shower; or simply taking the long way in your work place to fit in some extra steps is beneficial too!

Remember eating in balance doesn't mean every day is perfect, but it does mean we can take control and make changes.

ENJOY YOUR MOMENTS

The holiday season is grand, but sometimes we overcommit to fun things which can affect how much we enjoy an event.

When we run around, do too much, and don't get proper rest, we make ourselves prone to getting sick. Here are some tips to enjoy the holidays without feeling overwhelmed.

- Consider taking a day or a half a day off work just to get things done.
- You don't have to bake EVERY single type of cookie. Pick a few of your favorites and only bake those.
- Make choices. If there are two events going on at close times to one another, be at peace with attending only one of them.

Ask Will

I tend to overeat at parties and even when I tell myself to be careful, I tend to fall. Any suggestions on how to control my overeating at parties?

I hope these tips set you up for success:

- Pass on the pre-meal cocktail as this tends to let your guard down and may increase appetite.
- A very easy, and effective trick is to keep your drink in your dominant hand all evening. It makes it much less convenient to graze.
- Serve yourself on smaller plates or cocktail napkins.
- Enjoy conversation away from the buffet.
- Scope out the various foods offered and decide what you plan on having a portion-controlled amount of.
- People like to share what they created and of course you do not want to offend anyone. Simply asking to take some with you to enjoy later works. Practice, the art of kindly saying, "No thank-you."



HAVE A QUESTION?

Email him:
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