

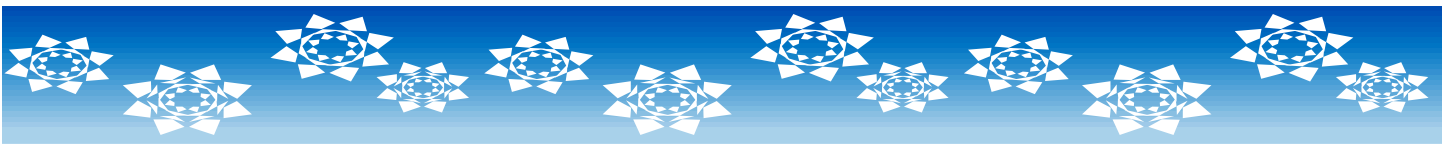


Workplace Wellness Holiday Edition



For this quarter the Wellness program is focusing on staying healthy and fit during this holiday season. It's that time of year when many of us have a hard time trying to stay focused on our health and fitness needs. The holiday season is not only a time of joy and festivity, it's the time of year when many experience high levels of anxiety, depression, and for some, even dread! But there is hope. By staying positive and committed to yourself and your long term goals, you'll not only feel better about yourself, you'll have a better time during this holiday season. Here are some additional tips to help get you through. Look for additional tips and recipes throughout this holiday season to help make your holiday a healthy one.

- * Join a health club to use the equipment it offers, or check out your local recreation center, schools, and hotels that have a pool. Swimming laps can burn up to 117.94 calories. Playing casual racquetball can burn 103.19 calories.
- * Check out the local mall for early morning walking hours. This can burn up to 103.19 calories.
- * Don't want to go out? Running up and down the staircase in your home can burn up to 221.13 calories.
- * Household chores such as sweeping floors and vacuuming carpet can easily burn up to 36.85 calories. Washing dishes and folding clothes can burn another 33.91 calories.
- * Outside activities such as shoveling snow, building snowmen and making forts can also be a good calorie burner.
- * Love dancing? Slow dancing in general can burn up to 66.34 calories. Grab the kids and crank up the tunes, and dance to burn even more calories!



MISSION STATEMENT

WE ARE COMMITTED TO PROVIDING EXCELLENT SERVICE TO LARAMIE COUNTY RESIDENTS BY CREATING AND MAINTAINING AN EMPLOYEE WELLNESS PROGRAM INTENDED TO IMPROVE LARAMIE COUNTY EMPLOYEES PHYSICAL AND MENTAL HEALTH AND WELL-BEING

HOLIDAY TIPS FOR BETTER HEALTH



Halloween



Trick-or-Treating Tips

1. **Feed them real food first!** Don't send kids out trick-or-treating hungry. Make sure they have a full dinner before they take off on their journey. The hungrier they are, the more candy they will eat in route.
2. **Get rid of additional sugar.** Pay special attention to the amount of sugar your are ingesting throughout the day since you know they'll be eating candy.
3. **Don't let kids keep their candy stashes in their rooms.** Storing the loot in the kitchen will allow for less unsupervised temptation.
4. **Everything in moderation.** Allow your children to have a few pieces of candy when they get home from trick-or-treating. Then establish a system for the days following, perhaps one piece with their lunch and one after dinner.





Thanksgiving

Healthy Eating Tips for Thanksgiving

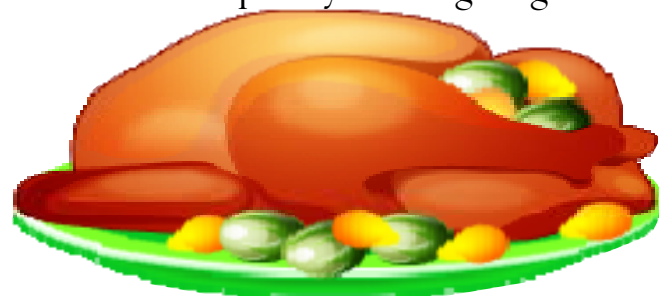


If you are a guest of a Thanksgiving dinner:

- ◆ **Don't go to the Thanksgiving dinner hungry:** we often eat faster and more when we are hungry-therefore eat a wholesome breakfast and lunch on the day to avoid overeating at dinner time.
- ◆ **Turkey-go skinless:** Choose your 4-oz turkey portion skinless to slash away some fat and cholesterol. Save your appetite for the side dishes and desserts.
- ◆ **Side Dishes-watch your portion size:** go for smaller portions. This way you can sample all the different foods. Moderations is always the key.
- ◆ **Drink plenty of water:** alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep you hydrated.

If you are the honorable chef of a Thanksgiving dinner:

- ◆ **Substitute** high fat ingredients with lower-fat or fat-free ingredients.
- ◆ **Leftover Turkey?** Instead of turkey sandwiches, use the leftover turkey to make a pot of soup with fresh chunky vegetables.
- ◆ **Experiment with new recipes:** there are many recipes that can be found just by using Google that are delicious yet healthy low-fat contemporary Thanksgiving recipes.



Christmas

KWANZAA

Hanukkah

Festivus

December Holiday Tips

Choose only days/occasions that you would like to enjoy a holiday splurge. Don't view this season as a ticket to a constant seven-day-per-week party of holiday goodies. There will be plenty of occasions to indulge. Save the cookie and brownie tray for guests and special occasions. If you have a holiday celebration every day, weight gain is inevitable.

Schedule a workout on or around the day of a holiday event. You will feel better physically and mentally. I especially like to exercise before a holiday occasion. I feel fresh, invigorated and ready to eat guilt free! Feeling better mentally and physically will make for an enhanced holiday occasion and it will help you maintain your figure!

Schedule in days for enough sleep. One of the main contributors to the holiday blues is a lack of sleep. This is especially true on the evenings of parties when one goes to bed with extra calories to digest. Alcohol consumption will also contribute to poor sleep. The result is more fatigue and stress. Everyone is accustomed to a certain amount of sleep. Typically, the amount of sleep decreases around the holidays. Stand firm on certain nights that you know you just have to get some rest.

Don't give up exercise! It may be likely you won't have any big fitness goals achieved over the holidays, but whatever you do, don't quit! Many will become discouraged by the lack of exercise they are able to achieve during the holidays. As a result, they wait until after the new year. This is certain to bring weight gain. Doing what you can will make for a much smaller weight gain and easier recovery. Don't forget, you'll feel better with exercise. In this case, a little exercise will go a long way.

Plan to keep fit and plan to have fun! Ultimately, this is the key. You might expect a trainer to tell you everything that you can't have. You may notice I have not mentioned one thing in this whole article that you can't have! You do need to regulate. Plan it out on a weekly basis. Make exercise decisions and look forward to the holiday occasions, then go nuts

