

Match the drink below with its caloric equivalent in food.

- A. Glass of red wine
- B. Burger King large Fanta
- C. Starbucks Grande Caramel Frappuccino
- D. Pina colada

- 1. Lean Cuisine pasta dinner
- 2. Two pancakes with syrup
- 3. Six Oreo cookies
- 4. Five Hershey's Kisses

Which combination of objects should you use as a reference for a healthy serving of meat, vegetables, and starch, respectively?

- A. A softball, a baseball, a Frisbee
- B. A golf ball, a deck of cards, a softball
- C. A deck of cards, a baseball, a computer mouse
- D. A Frisbee, a matchbook, a softball

One in three Americans will develop diabetes as an adult. What's the most important thing you can do to lower your risk?

- A. Exercise
- B. Maintain a healthy weight
- C. Get enough sleep
- D. Eat a low-calorie diet



Wellness Corner Connection



Debby Schiffer, Wellness Director for BURLCO & TRICO

Let's End The Year With Gratitude

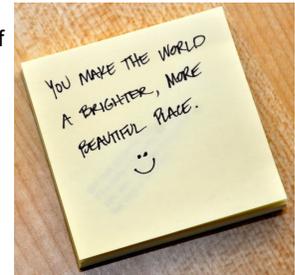


The holidays are fast approaching and soon we'll be starting a New Year! Take a minute. Take a breath. And take a look at all you have to be thankful for in this past year. Maybe things didn't go as smoothly as you had hoped. But guess what? You made it through. That sure is reason to give thanks. As you push through the crowds on your way to buy that perfect gift for someone special, remember that the best gift is giving and receiving sincere gratitude. True happiness starts with a grateful heart. So this year, put "happy" in the holiday beyond just saying it. Try one of the follow suggestions below:

1) Post-It Note Challenge

Expressing gratitude can be as simple as scribbling a note on a Post-It. For those of you who crave the One-a-day challenges, I encourage the Post-It Challenge:

- 1. Carry a stack of Post-It Notes with you wherever you go. (Don't forget the pen!)
- 2. Identify an event or an individual for which you feel thankful.
- 3. Leave a note for that individual with or without a signature. (Sometimes the anonymous note is a nice surprise)



If you want to feel the true spirit of the season, reach out to your fellowman with appreciation for the things that they do that go unnoticed.

2) Dial-a-Thank-You

Is the postal service too slow for you? I would tell you to pick up your phone then, but chances are it's already in your hand. A 30-second conversation on the phone with someone who has blessed your life, is hardly an inconvenience. "Hey dear friend, thanks for always sending a card on my birthday." She needs to hear it as much as you need to say it.

3) Hit the Pause Button

It's easy to offer a half-hearted 'thanks' as an after thought or on the way out the door. But when was the last time you stopped, looked an individual in the face, and sincerely thanked him or her? Try it and see what happens. Take a moment after a class, lesson, or meeting to thank those in charge. Pause on your way out of the grocery store to thank your cashier. It will lift your heart as much as the person receiving it.

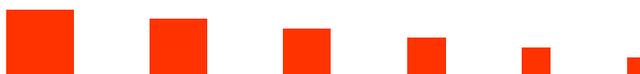


4) How About a Throw-Back to Snail Mail?

When was the last time you sent a Thank You card? Do Thank You cards even exist anymore? The answer is yes. I received one the other day and it put a smile on my face. Utilize them. Stamps are pretty cheap too. If you're feeling adventurous, try your hand at creating your own Thank You cards. Local stationary and craft stores can give assistance in this area. (Make sure to thank the store clerks!) Or since many may be sending out Christmas cards, add a special note inside not just the typical holiday message.

5) Send a Call Heavenward as Well

Never forget the Giver of all life and all blessings, no matter what your beliefs may be. Perhaps if we ask for nothing but give thanks for all we DO have, we may be filled with a feeling of peace. Heaven knows we can all use a little more of that!



Make Celebrations Fun, Healthy & Active

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1 Make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

2 Make foods look festive

Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

3 Offer thirst quenches that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of low-fat sorbet to seltzer water.

4 Savor the Flavors

Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

5 Use ChooseMyPlate.gov to include food from the food groups for your party

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

6 Make moving part of every event

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

7 Try out some healthier recipes

Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

8 Keep it simple

Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

9 Shop smart to eat smart

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10 Be a cheerleader for healthy habits

It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.



Here are a few things to keep in mind as you celebrate the holidays:

1. Do not skip meals in order to "save room" for your holiday dinner. Your metabolism will slow down; you will be ravenous and will eat way more than you should and probably of the wrong stuff too.
2. Eat what you want but control your portions. Try to fill your plate with more fruits and veggies to start. Survey the entire buffet line before filling up your plate.
3. Don't stand or sit around the food table while you chat. You may mindlessly pick at the food even though you are not hungry.
4. Downsize your plate. Put your fork down between each bite. Chew slowly and taste your food.
5. Don't forget to keep exercise as part of your routine! It's a great stress reliever and will help burn off some of those extra calories!


 holiday
 tips



Your Surroundings Could Influence Your Weight

Your surroundings can affect how active you are. Studies show that people in neighborhoods without sidewalks, or who live far from a recreational facility or a walking/biking trail, are more likely to be obese. People who perceive their community as unpleasant or unsafe are also more likely to be obese. Recognize your particular challenges and figure out how to add exercise and physical activity to your daily routine.

Once you identify the things that affect your weight, you can start changing them. Set modest goals and gradually improve your habits. Pick one or two things in your life that you think you can change. If selling your house and relocating is not in your plans, than make plans to "move" another way!

Did you know the size and shape of what's holding your food can affect how much you eat?

Examples of small changes to get you started:

- Add one extra fruit or vegetable to every meal
- Walk 15 to 30 minutes a day—get creative (in a local mall, in your house up and down the hallway or stairs, around your work building, once around the grocery store before you even start shopping)
- Cut out one soda every day
- Stand up and stretch for one minute every hour
- Start really reading those labels

Interested in starting a Fitness Challenge at work? What a great way to stay motivated. Contact me for details.

You may have to try a few times, but when you meet each goal you can move on to the next one. Moreover, you may be more likely to lose weight if you work with friends, relatives and co-workers to develop healthier lifestyles. Get the family together to make nutritious meals. Form walking groups with co-workers. Take a dance class with friends. Be creative. But be determined to make a difference in your own health. The first step is to believe in yourself. You can do anything you put your mind to. Take a look at your surroundings. What is standing in your way of better health?

Recipe Corner

Slow Cooker Coconut Basil Chicken

Prep Time: 10 Min Cook Time: 4 Hours Total Time: 4 Hours, 10

Busy day at work and you still need to run to the store before heading home to cook. Why not toss all the ingredients into your crockpot in the morning and come home to a delicious, no fuse, hot meal! I have not tried this recipe yet but it sounds wonderful. The flavors in the sauce supposedly deepen as it cooks. Depending on your preferences, maybe you'll want to try some of these suggestions: Love Thai curry? Consider adding green curry paste. Prefer a sweeter sauce? Add some brown sugar or honey. Love cilantro? Add some fresh to the mix along with the basil. Maybe add some veggies. Carrots, sweet potatoes can be added at the start. Broccoli, cauliflower, pea pods, zucchini, spinach, add the last 30 minutes of cooking.

Ingredients:

- 2 lbs boneless skinless chicken breast
- 14 oz lite canned coconut milk
- 2 cup basil
- 1 tbsp ginger, chopped (or more to taste)
- 1 jalapenos, chopped (or more to taste)
- 3 garlic cloves
- 2 limes
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp curry powder
- 1 tsp salt
- 1/2 tsp pepper
- 1/2 tsp cinnamon

Directions:

- 1) Add the coconut milk, basil, ginger, jalapeno, garlic, lime juice, turmeric, cumin, curry powder, salt, pepper, and cinnamon to a blender. Blend until combined.
- 2) Add the chicken to the slow cooker. Pour the sauce over top.
- 3) Cook for 4 hours or until chicken is cooked through and tender.



Answer Key To Trivia Questions: A4; B3; C2; D1; C; B

Recipe from Slender Kitchen.

SERVINGS: 6

Nutritional Facts

Amount Per Serving

Calories 226 Calories from Fat 52

% Daily Value *

Total Fat 6g	8%
Saturated Fat 3g	17%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0 g	0%
Cholesterol 74mg	24%
Sodium 479mg	21%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 33g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Debby Schiffer, Wellness Director for BURLCO & TRICO JIF
 E-mail: debby_schiffer@targetingwellness.com Office: 856-322-1220 Cell: 856-520-9908



Wishing everyone a healthy and safe holiday season!!!

