

'Tis the Season to be Healthy ... fa la la ...

Although the holidays are a time to celebrate, they can also equate to a stressful time of year, so make sure to schedule time in your day for mental and physical health boosters.

Take a moment to breathe:

- Organize your to-do list.
- Go outside—take in the beauty and sounds of nature.
- Light a candle and take in the magic of the season.
- Remember those less fortunate—contribute to Toys for Tots or your favorite charity.

Eat well: Include foods with essential nutrients such as low-fat or fat-free dairy products, fresh fruits and vegetables, whole grains and lean protein. Remember to stay hydrated with water.

Exercise: Averaging 30 minutes of moderate exercise five days a week will lower your risk of serious illness and improve your mood!

Get enough sleep:

- Go to bed and wake up at the same time each day.
- Avoid working and watching TV in bed.
- Avoid tobacco; limit caffeine and alcohol.
- Ideally, exercise at least four hours prior to bedtime.

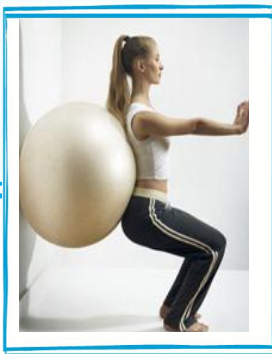


Move of the Month

Standing Squat:

Exercise and Picture: More.ca

While standing, place a stability ball between a wall and the small of your back. Extend your feet in front of you, hip-distance apart, and press your back against the ball. There should be a 45-degree angle between your legs and the wall. Slowly bend your knees, lowering your body to a squat position. Hold for two seconds and then return to start position. Repeat for two sets of eight to 12 repetitions.



Recipe of the Month



Cinnamon Polenta Pancakes

Recipe and Picture: cooking.com

Makes 4

Ingredients:

1 ¼ cups All-purpose flour

Three-quarter cup Cornmeal

1 tablespoon Sugar

1 teaspoon Cinnamon

1 teaspoon Baking powder

1 teaspoon Baking soda

1 teaspoon Salt

1 cup Low-fat buttermilk

2 large Eggs

One-quarter cup Olive oil

One-quarter cup Water

Preparation:

In a bowl, whisk the flour with the cornmeal, sugar, cinnamon, baking powder, baking soda and salt.

In another bowl, whisk the buttermilk with the eggs, olive oil and water.

Whisk the liquid ingredients into the dry ingredients, leaving small lumps.

Set griddle over moderate heat and spray griddle with vegetable oil.

When the pan is hot, spoon one-quarter cup mounds of batter onto pan and spread them to form four-inch rounds.

Cook the pancakes until the bottoms are browned and bubbles appear on the surface, two minutes.

Flip and cook until browned, one to two minutes longer. Serve pancakes warm.