



December

Get through the holiday season with your emotional wellbeing intact...

- ✿ Evaluate what this holiday season means to you.
- ✿ Identify the traditions that you & your family enjoy.
- ✿ Set a budget - love is not equated to cost and quantity.
- ✿ Host a get together - remember the purpose is to spend time with your company, so when entertaining, ask others to help such as bringing their favorite dish.
- ✿ Avoid over scheduling yourself & plan pleasurable activities.
- ✿ Maintain your exercise routine.
- ✿ Get adequate sleep & eat regular meals.
- ✿ Park far away from the stores –vs. competing for a spot.
- ✿ Take stairs – or use stairs on the escalator
- ✿ Eat a snack before you go to a holiday party.
- ✿ Carry snacks with you - here are a few ideas:
 - Piece of fruit
 - Nuts or trail mix
 - Protein bar
- ✿ At a holiday gathering allow yourself to take a taste or two of whatever interests you.



Recipe of the Month

Low-fat Egnog

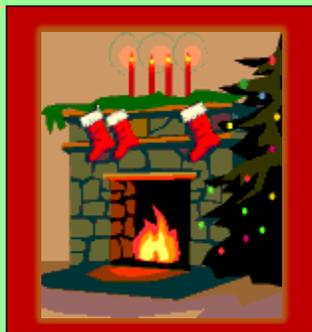
From: <http://www.mealsmatter.org>

Ingredients

- ½ cup Egg substitute
- 4 tablespoons Sugar
- 1 can (13oz) evaporated skim milk
- ¾ cups Skim milk
- 1 teaspoon Vanilla
- Ground nutmeg

Preparation

- Whip egg substitute and sugar.
- Combine with both types of milk and vanilla.
- Mix well and chill overnight (this enhances the flavor).
- Serve in chilled mugs & top with a sprinkle of ground nutmeg.



Stretch of the Month

- ✿ Get into a lunge position
 - ✿ Right leg forward
 - ✿ Left leg back
 - ✿ Lower into a slight lunge
 - ✿ Squeeze the right glute
 - ✿ Push the hips forward
 - ✿ Stretch the quad & hip flexor
 - ✿ At the same time, press the left heel to the floor
 - ✿ Stretch the left arm up and back, stretching the chest
 - ✿ Hold for 30 seconds and repeat on the other side (Perform this stretch 3 times on each side)
- <http://exercise.about.com/>



To help kindle the holiday spirit:

- ✿ Escape for two hours – watch a holiday movie.
 - ✿ Lend a hand to someone in need.
 - ✿ Drop spare coins into the Salvation Army collection buckets.
 - ✿ Spend less & shop smart = less stress & more money – now that is something to celebrate!
 - ✿ Wish people that you meet while shopping happy holiday - with a smile.
 - ✿ Make meaningful connections with your loved ones.
 - ✿ Play and sing holiday music – such as Jingle Bell Rock or Frosty The Snowman
 - ✿ Fun ideas for exercise:
 - Dance in your kitchen to your favorite seasonal tunes, do pot squats (squat rather than bend to get pots & pans), do countertop push-ups – stop, take a few breathes & Relax!
 - ✿ Make cute snowmen kabobs with apple yogurt dip
- <http://www.dairycouncilofca.org/blog/>

