



November 2013

Stay Active Even in Cold Weather

It's November, and that means cold weather, [hot cocoa](#) and fires in the fireplace. With this change in weather, it may be hard to keep up the physical activity. Studies have shown that overall [physical activity](#) declines as it gets colder outside. Although the weather changes, our need for physical activity does not. There are plenty of exercises that can be done indoors to ensure that you are getting adequate [exercise](#).

Here are eight exercises that can be done indoors and are guaranteed to get your heart rate up:

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| 1. Jump rope | 5. Jumping jacks |
| 2. Stairs | 6. Crunches |
| 3. Push-ups | 7. Lunges |
| 4. Dance | 8. Squats |

Beat Stress With Functional Food!

Eat a healthy, well-balanced diet that includes nutrient-rich foods such as vegetables, fruits, whole grains, lean meats and milk and dairy foods. Drink a warm cup of milk to help you relax at the end of the day.

Stress-Busting Tips:

- * Schedule relaxation time into your day.
- * Get outside and take in the fresh air.
- * Play with your pet and/or your kids.
- * Incorporate stretching; try yoga.
- * Listen to or play music.
- * Read a pleasure book.
- * Get adequate rest.
- * Keep a food log to combat overeating.



Recipe of the Month: Baked Pumpkin Bread

Ingredients:

- 1 ½ cups all-purpose Flour
- 1 ¼ teaspoons Baking soda
- 1 teaspoon Salt
- 1 teaspoon ground Cinnamon
- ½ teaspoon ground Nutmeg
- ¼ teaspoon Ginger
- 1 ⅓ cups solid pack Pumpkin puree
- 1 cup packed Brown sugar
- ½ cup reduced-fat Buttermilk OR ½ cup Milk and ½ teaspoon Lemon juice
- 1 Egg
- 2 tablespoons Butter, softened
- 1 teaspoon Vanilla



Preparation:

- * Preheat oven to 350 degrees.
- * Sift the flour, baking soda, salt, cinnamon, nutmeg and ginger into a large bowl.
- * Mix in remaining ingredients until well blended.
- * Pour into a greased 9 x 5 inch loaf pan and smooth the top.
- * Bake for one hour or until a toothpick inserted into the center comes out clean.

Move of the Month: Split Squat

Use a chair or stool for this exercise.

- * Stand in front of the chair/stool (about two feet away).
- * Place your feet shoulder width apart.
- * Put one foot on the chair/stool behind you.
- * Tighten your core and lower your body to assume squat position.
- * When the front leg reaches a 90-degree angle, rise to starting position.
- * Complete 15 repetitions and then switch legs.



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