



Exercyz & Wellness

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Issue 3

Special points of interest:

Lunch & Learn:
Nov. 3 at 12:15pm
Topic: Diabetes

New Years Resolution

There is a right way and a wrong way to make a New Year's resolution. Here are a few tips to see that your resolution actually makes a difference:

1. Create a plan

Setting a goal without formulating a plan is merely wishful thinking. In order for your resolution to have resolve, as the word "resolution" implies, it must translate into clear steps that can be put into action. A good plan will tell you A) What to do next and B) What are all of the steps required to complete the goal.

2. Create your plan IMMEDIATELY

If you're like most people, then you'll have a limited window of opportunity during the first few days of January to harness your motivation. After that, most people forget their resolutions completely. It is imperative that you begin creating your plan immediately.

3. Write down your resolution and plan

Commit your resolution and plan to writing someplace such as a notebook or journal.

4. Think "year round," not just New Year's

Nothing big gets accomplished in one day. Resolutions are set in one day, but accomplished with a hundred tiny steps that happen throughout the year. New Year's resolutions should be nothing more than a starting point. You must develop a ritual or habit for revisiting your plan.

5. Remain flexible

Expect that your plan can and will change. Life has a funny way of throwing unexpected things at us, and flexibility is required to complete anything but the simplest goal. Sometimes the goal itself will even change. Most of all recognize partial successes at every step along the way. Just as a resolution isn't accomplished the day it's stated, neither is it accomplished the day you reach your goal. It's accomplished in many small increments along the way. Acknowledge these incremental successes as they come.

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Exercise Gifts for your Friends and Family

As Christmas time approaches, we all begin the mad rush to find the perfect gift. Well, where do you start looking for all friends and family who are dying to get in shape? With New Year's resolutions being made for losing weight or toning up, how about a gift to help them get started with what they really want?! Although a gym membership may be a great way to get someone started, what about the little

items that will make a difference and not break your wallet? Listed below are some inexpensive fitness items you can find at Wal-Mart, Target, or any sport stores, such as Scheel's. These gift ideas are for both men and women of all ages. They will get you started on your shopping, but most importantly, get them started on exercising!

- Physio Ball
- Medicine Ball
- Resistance Tubing
- Ankle and Wrist Weights
- Adjustable Dumbbells
- Exercise Mat
- Workout DVD's
- MP3 Player

Tips for Staying Healthy over the Holidays

- Keep up with your exercise routine. The holidays can be stressful, so use exercising as a stress management or a relaxation tool.
- Eat in moderation. During the holidays we over eat, try a little of everything. And try to eat healthy snacks like fruit and vegetables, instead of sweets.
- Take time for your self to relax. It's stressful getting everything ready. Give your self some time to rejuvenate and refresh.
- Laugh often. Not only is laughing a pain reducer it burns calories. But 10 to 15 minutes of laughing a day can burn 10 to 40 calories.
- One hour of putting up the Christmas tree can burn

150 calories, so can one hour of shopping for presents. One hour of wrapping gifts can burn 103 calories. But the average piece of pecan pie has 500 calories in it. It would take five hours of wrapping gifts to burn off that piece of pie!

- Get outside and run around with the kids before the big holiday dinner or half-time during the football game. Enlist the help of a friend or family member to help keep you on track during the holidays.

Improve Your Health

The month of December is known for the flu. This year make sure to prevent ways in which hinder good health habits. Now is the best time to exercise for better health. Even though the colder winds approach us this month, it is good to stay in shape so that our "healthy" bodies will fight against colds that come our way. We need to remember to wash our hands to prevent the spread of unwanted germs, we need to get plenty of rest, drink 8 glasses of water each day, and take lots of vitamin C. Stay active and warm over the winter months!



Easy at home Exercises

Starting Position: Lie on your back on a table or flat surface. Your feet are flat on the surface and your knees are bent. Keep your legs together Cross your arms over your chest.

Action: Tilt your pelvis and push your low back to the floor as in the previous exercise, then slowly lift your buttocks off the floor as far as possible without straining. Maintain this position for 5 seconds. Lower your buttocks to the floor Do not hold breath.



Starting Position: Lie on your stomach on a mat with your weight on your forearms.

Action: Lie on your stomach on a mat and lean on your elbows Stay in this position for about 10 seconds, making sure that you relax your low back completely.



“Those who think they have no time for bodily exercise will sooner or later have to find time for illness”

Grilled Chicken with Maple-Pecan Glaze

Ingredients

For the maple glaze:

2 tablespoons apple cider vinegar
 2 tablespoons sugar
 1/4 cup maple syrup
 2 tablespoons diced pecans, toasted
 salt to taste
 white pepper to taste

For the grilled chicken:

4 skinless, boneless chicken breasts, 3 to 4 oz. each
 1 tablespoon olive oil
 salt and pepper

Instructions

For the maple glaze:

1. In a small saucepan, heat the cider vinegar and sugar over medium heat until the mixture boils and the sugar dissolves. Add the maple syrup and bring it to a boil. Lower the heat and simmer for 1 to 2 minutes to thicken. Remove from heat and stir in the toasted pecans.

2. Season with salt and pepper to taste.

For the grilled chicken:

3. Preheat the grill to medium-high.
 4. Sprinkle the chicken breasts with salt and pepper and drizzle with olive oil.
 5. Place the chicken on the grill and cook for about 5 to 6 minutes per side, until the juices run clear.
 6. Place the chicken on a serving platter and brush it with the maple-pecan glaze.

Serving Size: 1 chicken breast

Nutrition Facts

Number of Servings: 4

Per Serving

Calories	287	Carbohydrate	20 g
Fat	8 g	Fiber	0 g
Protein	33 g	Saturated Fat	1 g
Sodium	389 mg		

Ten Tips for Healthy Holiday Eating

By: Greta Macaire, R.D.

1. Be realistic. Don't try to lose pounds during the holidays, instead try to maintain your current weight.
2. Plan time for exercise. Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10- or 15-minute brisk walks twice a day.
3. Don't skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.
4. Survey party buffets before

filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.

5. Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.
6. Be careful with beverages. Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.
7. If you overeat at one meal go light on the next. It takes 500 calories per day (or 3,500 calories per week) above your normal/

maintenance consumption to gain one pound. It is impossible to gain weight from one piece of pie!

8. Take the focus off food. Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations or a gingerbread house. Plan group activities with family and friends that aren't all about food. Try serving a holiday meal to the community, playing games or going on a walking tour of decorated homes.
9. Bring your own healthy dish to a holiday gathering.
10. Practice Healthy Holiday Cooking. Preparing favorite dishes lower in

fat and calories will help promote healthy holiday eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier.