

BODY AND SOUL:

MEADE COUNTY CATHOLIC HEALTH MINISTRY

A Healthier Holiday Season

The holiday season is here again! The holidays should be a time of celebrating with our loved ones. For some however, it is a time of “not enough”—not enough time, not enough money, and not enough energy to get it all done. Be careful that you don’t get so caught up in the whirlwind of activity that you forget to take care of yourself.

Some people feel that weight gain during the holidays is inevitable. This does not have to be true. Portion control is especially important this time of year. You can still enjoy all your favorite holiday foods, but you must do so in moderation. It can be helpful to look for recipes that are lower in calories and fat. Some people find that having a light snack (such as a piece of fruit) before a large family meal, helps them keep from overeating.

Another way that our diet suffers during the holidays, is frequent dining out at

restaurants. It is very convenient to hit a drive-through window after a busy day of shopping. However, studies have shown that people grossly underestimate the number of calories that they are consuming from fast food meals. If you are going to eat out, do not be afraid to ask for what you want—restaurants want to keep your business! Choose grilled or baked meats, order vegetables instead of fries, and ask for dressings on the side so you can control how much you are eating. (cont. pg. 2)



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Helpful Tips for Less Stress during the Holidays:

- * Stick to a budget
- * Make to-do lists
- * Organize your supplies
- * Delegate tasks
- * Learn to say NO
- * Stick to a bedtime routine
- * Limit alcohol consumption
- * Take time for yourself

Exercising Outside in Cold Weather

Cold weather brings lots of new opportunities for exercise outside—sledding, skiing, snowboarding, ice skating. The following tips will help you keep your winter workout safe:

- * Layer your clothing—choose fabrics that wick away sweat and insulate you from the elements.
- * Cover your head, hands and feet
- * Don’t forget sunscreen—snow reflects sunlight and increases your exposure
- * Drink plenty of fluids—you need to drink as much in cold weather as you do in hot weather
- * Check the temperature and wind chill—if the temperature or wind chill is below zero, exercise indoors

Check it out!

Have a great idea for a future newsletter? Let us know!
We will feature a different health topic each month.

Matthew 6:19-21

Do not store up for yourselves treasures on earth, where moth and decay destroy, and thieves break in and steal.

But store up treasures in heaven, where neither moth nor decay destroy, nor thieves break in and steal. For where your treasure is, the also will your heart be.

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Most people forget to count the calories that they consume from beverages. Take a look at the nutrition labels on some of your favorite beverages—you will probably be surprised at the calorie content. Water is the healthiest drink for our bodies, and it contains zero calories! Even though the temperature is dropping, it is important to stay hydrated.

Alcohol consumption typically increases during the holidays. Alcoholic beverages in combination with cold, dry weather can lead to dehydration. Dehydration affects our concentration and energy levels. Also, most alcoholic beverages are high in calories and have no nutritional benefit.

So remember, your waistline does not have to suffer this holiday season—with a little planning and a little effort, this can be another year to celebrate!

Written by Melissa D. Phillips, Community Health Educator

An Easy Twist on a Holiday Favorite

CRANBERRY SALAD

- 1 package cherry gelatin (4 oz.)
- 1 can whole cranberry sauce (16 oz.)
- 1 can crushed pineapple (20 oz.)
- 1/2 cup chopped nuts
- Whipped topping (optional)

In a large bowl, prepare gelatin according to package directions. Refrigerate for 20 minutes, or until soft set.

Fold in cranberry sauce, nuts, and pineapple. Refrigerate until firm. Top with whipped topping if desired.

Makes twelve 1/2 cup servings.

** Substitute sugar-free gelatin and lite whipped topping for an even healthier dish!



Kid's Corner

Every kid (even big kids!) loves a snow day!

How many words can you make from the word **SNOWFLAKES?**



What's your favorite way to play in the winter?

From the Catechism of the Catholic Church

In economic matters, respect for human dignity requires the practice of the virtue of temperance, so as to moderate attachment to this world's goods; the practice of the virtue of justice, to preserve our neighbor's rights and render him what is his due; and the practice of solidarity, in accordance with the golden rule and in keeping with the generosity on the Lord, who "though he was rich, yet for your sake.... became poor so that by his poverty, you might become rich."