

HEALTHY HABITS

November 2017



Avoid Holiday Weight Gain

If you're trying to reach your feel great weight, Thanksgiving can be a very stressful holiday. With so much delicious food tempting you, it's difficult to keep your healthy habits in check. Who doesn't pile their plate high at Thanksgiving dinner? Splurging on Thanksgiving often sets off a domino effect for the rest of the season. Instead of embarking on a six-week food fest, take control of the day and jump-start your motivation for a healthy holiday season - one where you lose weight, not gain!

Walk around and talk to people

Rather than obsess over the food at Thanksgiving, try to focus your attention on the entire celebration, including the once-a-year sights, sounds and people at the event. Instead of sampling each and every appetizer before dinner, walk around and catch up with family and friends.

Plan a post-meal walk

As soon as you arrive at your Thanksgiving celebration, announce that you plan to take a walk after the meal. Most likely, some of your family and friends will want to join you. Once you get a few people on board, it'll be tough to bail out. Participate in FMC's Turkey Day 5K at Forest Rose Elementary. [Register at fmchealth.org](http://www.fmchealth.org).

Plan a workout date the next morning

Instead of feeling bloated and lethargic the day after Thanksgiving, schedule a fitness date with a friend for that morning - then you have to show up! Plus, the thought of an early-morning workout might keep you from having too many glasses of wine during dinner!

Volunteer to help clean up

Instead of picking at the leftovers or helping yourself to a second (or third) dessert, offer to help the host clean up. They will appreciate the gesture, and physically removing yourself from the table will help take your attention away from the food. Cleaning up will help you burn some calories.

Stop eating when you're full

OK, this tip probably seems pretty obvious, but Thanksgiving is one of those holidays when people plan to eat until they are stuffed to the brim. Instead of seeing how much you can eat, serve yourself a small, golf-ball-size serving of everything you want - no restrictions - but have only enough to satisfy your stomach without overdoing it. Remember, Thanksgiving is one day. Done right, you won't set yourself back too far.

Healthy Inspiration

Don't wish for it, work for it.

Did You Know

One recycled plastic bottle can save enough energy to power a 60 watt light bulb for 3 hours.

WANT MORE INFORMATION? LEARN MORE AT FMCHEALTH.ORG



**First Medical
Occupational Health**
an affiliate of Fairfield Medical Center

CLINIC HOURS:
MONDAY, WEDNESDAY & FRIDAY
9 A.M. - 5 P.M.
1199 RIVER VALLEY BLVD
LANCASTER, OH 43130



Tips for Thanksgiving

Thanksgiving is a time for reflection of the things in life that we are thankful for and marks the beginning of the holiday season. The holiday will be here before you know it and you need a plan of attack.

- Use an ice chest as a fridge. In the lead-up to the big feast, refrigerator real estate is precious.
- Aluminum foil as a roasting rack. Wad it and shape it into a coil.
- Use a slow cooker as a mashed potato keeper. Use a crock pot liner for easy clean up.
- Add a pinch or two of baking powder while mashing potatoes to make them extra fluffy.
- Use a thermos as a gravy warmer. Fill thermos with hot water first.
- Peel garlic in seconds. Place the entire head in the microwave for 10 seconds... they squeeze right out.
- Make and freeze your fruit pies ahead of time. Not only is it incredibly convenient to bake your frozen homemade pies, but it also makes for a better, non-soggy crust. Wrap the pie in plastic wrap or foil before freezing and add 20-45 minutes of extra cooking time to your recipe.
- Make pie crusts ahead of time and freeze them for custard or cream type pies. Use dried beans as pie weights.
- Salad bar as a sous chef. Take advantage of someone else who has taken the time to clean and cut up veggies to save time.... but if you must do your own, clean and chop it all the night before.
- Kitchen cabinets as a cookbook stand. Use a clothing hanger that has the clips on it to attach the book to and hang it from the handle of the cabinet.
- When going to visit friends or family, go bearing gifts and what better than a homemade hostess gift.

TURKEY DAY 5K 🦃 2017



Thursday, Nov. 23 @ 8:30 a.m.

Forest Rose School For registration information, visit fmchealth.org

 Fairfield Medical Center
FOUNDATION



Turkey & Mashed Potato Soup

Use up left over turkey and mashed potatoes with this recipe!

Ingredients:

- 1 tablespoon canola oil
- 1 1/2 cups onions, chopped (about 1 large onion)
- 1 cup celery, chopped
- 2 carrots, halved lengthwise & thinly sliced (about 1 cup)
- 1 ounce Canadian bacon, chopped
- 3 cups chicken broth, fat-free and lower sodium
- 3 cups turkey, cooked and chopped (about 1 pound)
- 2 1/2 cups potatoes, peeled, cooked and mashed
- 1 tablespoon fresh sage, chopped
- 1/4 teaspoon black pepper

Directions:

1. Heat oil in a Dutch oven over medium heat.
2. Add onion, celery, carrots and bacon; cook 6 minutes, stirring occasionally.
3. Add broth, turkey, potatoes and chopped sage, stirring with a whisk until blended. Bring to a boil.
4. Reduce heat and simmer 10 minutes.
5. Stir in pepper.
6. Garnish with sage sprigs, if desired.