



HEALTHY LIVING

Happy (Healthy) Holidays!

How to Avoid Weight Gain During the Holidays

The festivities may have already started but the line-up of parties and get-togethers has no end. And while it is a great time to celebrate with family, friends and colleagues, it can also be a dreaded time as most of us fear the inevitable weight gain as a result of the celebrations.

Contrary to popular belief, the average weight gain during the holiday season is just one pound. However, according to *The New England Journal of Medicine*, most people are not ever able to shed that gain. Then again, what's the harm in gaining just one pound? Well, it might not be noticeable if you are looking at a single year. But if the weight gain compounds year after year, the scale can really start to tip over. Fortunately, there are ways to help you avoid the added pounds. These are just a few:

- Continue with your regular work-out routine. Just because your social calendar may be filling up doesn't mean you should cancel your next gym class. In fact, it is even more reason to go for a workout!

- Do not attend a party on an empty stomach or else you will find yourself (over)indulging in a feast rather than a sampler menu.
- Drink lots of water during the party. Water keeps you healthily hydrated and diverts you from hitting the bar.
- Elect for sample sizes of each food item and eat slowly. This allows you to get a variety of treats and you may even appreciate the layers of flavours more.
- Go with a friend to a party. Make an agreement with your friend to help each other from over indulging.

HEALTHY MIND

Feeling Down?

How to Beat the Christmas Blues

*The jingle bells are jingling
The streets are white with snow
The happy crowds are mingling
But there's no one that I know*

*I'm sure that you'll forgive me
If I don't enthuse
I guess I've got the Christmas blues*

You may be familiar with these lyrics from Dean Martin's infamous hit song "The Christmas Blues" and you may even be humming along (with glee). For some people, however, these lyrics are accurate depictions of their gloomy feelings during the holiday season. Here are some helpful tips to help beat the blues.

- Make plans with small groups of close friends. Being in good company can distract you from sad thoughts and ignite your mind with happy and refreshing exchanges.
- Hit the gym. Physical exercise not only helps you burn more calories, you'll end up feeling great as your body releases endorphins after a work-out.
- Volunteer your time and/or donate to a local charity. Helping others in turn helps you feel better. Plus, you are bound to meet new people who share similar interests.
- Do not compare yourself with others. Happiness should be defined by your own standards. Remember the simple joys in life are more important than what's wrapped up under the tree.
- Count your blessings as there are so many things to be grateful for. Start by closing your eyes and saying "I'm blessed that..." and your mind will complete the thought.

HEALTHY HEART

Bon Appétit!

A Heart Healthy Holiday Recipe

Turkey is a popular entrée at Christmas dinner and luckily it's a lean protein (sans skin). Rather than marinating it with commercial sugary sauces, try a mixture of herbs and citrus to load up on flavour. *Bon Appétit* (November 2012 issue) offers this heart healthy recipe:

Herb-Roasted Turkey

Ingredients

- 8 to 10 Servings
- 1 12–14-lb. turkey, giblets and neck removed, at room temperature for 1 hour
- 3 tablespoon kosher salt
- 1 1/2 tablespoons freshly ground black pepper
- 6 tablespoons (3/4 stick) unsalted butter, room temperature
- 1 tablespoon finely grated lemon zest
- 1 tablespoon minced fresh rosemary
- 1 tablespoon minced fresh sage leaves
- 1 tablespoon minced fresh thyme leaves
- 1 medium onion, quartered
- 1 orange, quartered
- 1 lemon, quartered

Preparation

Preheat oven to 450°. Set a rack inside a large roasting pan. Pat turkey dry with paper towels. Rub bird inside and out with salt and pepper. Place turkey on the rack in the pan. Using a fork, mix butter, lemon zest, rosemary, sage, and thyme in a small bowl. Rub herb butter over top of turkey and inside cavity.

Place onion, orange, and lemon inside turkey cavity. Tuck tips of wings under bird (this prevents them from burning during the long roasting time). Pour 4 cups water into pan. Roast turkey, uncovered, for 30 minutes. Reduce oven temperature to 325°. Baste turkey with pan juices; add more water if needed to maintain at least 1/4" liquid in the bottom of roasting pan. Continue roasting turkey, basting every 30 minutes and tenting with foil if skin is turning too dark, until an instant-read thermometer inserted into thickest part of the thigh without touching bone registers 165° (juices should run clear when thermometer is removed), about 2 3/4 hours total.

Transfer turkey to a platter. Tent with foil and let it rest for 1 hour before carving.