Welcome To the Holiday Season!!!

The staff of the University Club Fitness Center would like to wish you and your family a happy, healthy holiday season. We will be closing for the Winter Break at 4pm on December 23rd and will re-open on Monday, January 4th at 6am.
Healthy Treats for Santa

As Santa Claus makes his yearly trek around the world, children everywhere will leave treats for the big guy to fuel him on his ride. But don’t forget Santa needs nutrition too. If Mr. C. drinks a glass of whole milk and eats two butter cookies at every American household he visits, he will consume more than 7 billion calories and more than 3 million grams of fat in one night. So take time to leave Santa a healthy treat, like low-fat milk and graham crackers; yogurt mixed with fruit and cereal; or a peanut butter sandwich. And don’t forget his reindeer; they’ll like chopped vegetables like carrots, celery and broccoli.

Getting your children involved in prepping Santa’s snack plate can be a great way to teach them the importance of healthy diet, especially when they need energy for a task as demanding as Santa’s.

Eight Days of Celebration

Celebrating the eight days of Hanukkah doesn’t mean giving up healthy eating for eight days. Even the oldest of holiday customs can be made healthier without sacrificing tradition.

- Add shredded root vegetables like parsnips and carrots to your latkes.
- Use egg whites or egg substitutes to hold latkes together.
- Serve low-fat or fat-free sour cream with latkes.
- Trim excess fat from briskets and cook and serve with vegetables such as carrots, celery and onions.
- With your children, find a light butter cookie recipe and bake the cookies together.
- Use nonfat and low-fat cheese and dairy when possible in favorites like cheese blintzes.
Beat the Bulge This Holiday Season

By: Sarah Cassatt

Maybe it is all the delicious tempting treats? Maybe it’s the traditions, parties, and warm cozy fires? Maybe it’s the cold that keeps us from running outside or riding our bike to work... the reasons are endless but one thing is for sure: the holiday season makes our appetites bigger and our waist lines thicker. The Holidays are a time to celebrate with family and friends, relax, and prepare all of our New Year’s Resolutions to make 2016 the best year yet! If you are ready to celebrate the Holidays while fighting the typical associated weight gain, then be prepared to “fa lo lo lo lo lo lo low” these five steps to fight Holiday weight gain.

1. **Be Realistic. Set goals.** If you are someone who is very influenced by your surrounding and can get carried away in the Holiday spirit than make sure your goals are suited to you and your personality. Maybe the holiday season is not quite the time to set a goal of losing 10 pounds. A more appropriate goal might be to focus on maintaining your current weight. This will help avoid setting your goals to high and falling short. Avoid the disappointment and set reasonable goals, plus when New Year’s rolls around you will be on your way to completing those 2016 resolutions!

2. **Stay active.** If exercise is part of your normal daily routine, you want to make sure you continue to stick to your regular routine. If you are new to the exercise game why not start before the New Year’s rush, come January you will be a seasoned gym veteran! This, however, is often easier said than done with all the extra traveling, parties, shopping and just being generally busier around the Holidays. Try looking into more efficient high paced workouts that make the time commitment smaller or give at home/hotel rooms workouts a try for those who travel or cannot get to a gym. When you are at Grandma’s with the family, start a backyard football game - the possibilities are endless, just make sure you get up and move!

3. **You Can say No.** This is a biggie when it comes to the Holidays, it seems like everywhere you go there is food and treats. Not to mention that everyone relative and friend wants you to try their secret family recipe and homemade something or other. Make sure you are eating because you want too and not because someone is force feeding you the fruitcake you really don’t even like! Just politely explain that you are very full and just simply don’t have any room left over’s.

4. **Ask for support.** Tell you friends and family about what you want to accomplish this holiday season. This might encourage the people surrounding you to have more healthful options and to respect your abstinence from the double chocolate covered cookies at the company Christmas party.

5. **Portion Sizes.** Are you eating one Christmas cookie or eleven? Measure out a serving and enjoy the sweet treats that you recognize as part of your Holiday season but then make sure to savor and enjoy your food. Don’t woof down 12 of your aunts secret recipe eclairs simply because they are there and available. Live in the moment but not for the moment.

6. **Carry healthy Snacks.** This can be especially important if you are traveling. Often times we make decisions based on what is available to us. If we have a healthy alternative that is easy and accessible at all times it can really eliminate us eating so maybe not so great choices that we would have otherwise avoided.

7. **Don’t Over Think It.** We don’t live our entire lives monitoring every ounce and serving of exactly what we eat and the Holiday season is the same. Be aware of the food decision’s you are making but also enjoy the traditions and special time of the year. If you are eating a well-balanced diet 6 days out of the week and staying active one piece of pumpkin pie isn’t going to wreck all your goals. In conclusion when it comes to Holiday cheer make sure to enjoy what makes you happy- just don’t overdo it. Keep up the physical activity, balanced diet and monitor your portions! The Holidays are special time of the year, and there is nothing more special that sitting around with your family enjoying a portion controlled well-balanced plate with a measured portion of Grandma’s famous pie after a good workout at the gym?.... am I right?

Season’s Greeting!
**Recipes of the Month**

### Skinny Money Bread

**Ingredients:**
- ¼ cup sugar
- 2 teaspoons cinnamon
- 2 cans Pillsbury refrigerated country Italian bread
- ¾ cup fat-free caramel topping
- 2 teaspoons vanilla

**Directions:**
2. In a 1 gallon Ziploc bag, mix sugar and cinnamon.
3. Open 1 can of bread (work with 1 can of dough at a time, keeping remaining can refrigerated until ready to cut). Cut each can of dough into 24 pieces (48 pieces total).
4. Add bread pieces to sugar mix, a few at a time, seal bag, and shake to coat. Repeat until all pieces are coated. Layer pieces in Bundt pan.
5. In a small bowl, mix caramel topping and vanilla. Pour over bread pieces in pan.
6. Bake 35 to 40 minutes or until golden brown and no longer doughy in center. Cool in pan for 10 minutes. Invert onto a serving plate. Serve warm.

### Zesty Broccoli Casserole

**Ingredients:**
- 3 (10 oz.) packages of frozen broccoli florets thawed
- Cooking Spray
- 1 ½ cups skim milk
- 2 ½ Tablespoons flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¾ cup (3 oz.) shredded sharp cheddar cheese
- ½ cup (3 oz.) fat free cream cheese, softened
- 1 cup fat free mayonnaise
- ¾ cup chopped onion (about ½ medium)
- 1 (8 oz.) can water chestnuts, rinsed, drained and sliced
- ¾ cup panko (Japanese breadcrumbs)
- 2 teaspoons butter, melted

**Directions:**
1. Pre heat oven to 375°.
2. Arrange broccoli in an even layer in a 11 x 7 inch baking dish coated with cooking spray; set aside.
3. Combine milk, flour, salt, and pepper in a large saucepan over medium high heat; bring to a boil. Cook 1 minute or until thick, stirring constantly. Remove from heat. Add cheddar and cream cheeses; stir until smooth. Stir in mayonnaise, onion and water chestnuts. Spoon cheese mixture evenly over broccoli.
4. Place panko in a small bowl. Drizzle with butter, and toss. Sprinkle breadcrumb mixture evenly over cheese mixture. Lightly spray breadcrumb layer with cooking spray. Bake at 375° for 25 minutes or until mixture begins to bubble and breadcrumb layer turns brown.

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**Nutritional Information:**

#### Skinny Money Bread
- Servings per recipe: 16
- Serving Size: 4 pieces
- Calories: 180
- Fat: 3.5 g
- Protein: 3 g
- Fiber: 1 g
- Carbohydrates: 40 g
- Cholesterol: 0 mg
- Sodium: 490 mg

#### Zesty Broccoli Casserole
- Servings per Recipe: 10
- Serving Size: ¾ cup
- Calories: 141
- Fat: 4.9 g
- Protein: 8.6 g
- Fiber: 4.1 g
- Carbohydrates: 17.9 g
- Cholesterol: 15 mg
- Sodium: 484 mg
# Holiday Fitness Gifts

*Are you still looking for a gift for your fitness minded friend or family member? Check out some of the ideas below!*

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Helpful Tips for Healthy Holiday Parties

As the holidays approach, parties become numerous along with the challenge of keeping your commitment to healthful eating.

If you are hosting a gathering this holiday season you can reduce fat and calories without sacrificing taste by swapping out a few ingredients in your favorite recipes.

- Using two egg whites in place of one egg can reduce the cholesterol and produce the same tasty result.
- Use low-sodium, fat-free chicken broth in your mashed potatoes to add flavor and cut back on added butter or margarine.
- Substitute unsweetened applesauce for oil, margarine or butter in muffins and quick breads like banana bread. Try substituting a small amount at first, as the more you substitute the more the texture of the finished product changes.
- For dips, sauces and pie toppings, use fat-free yogurt, sour cream and whipped topping.
- Sliced almonds make a delicious, crunchy topping in place of fried onion rings.
- Choose reduced-fat or low-fat cheeses for salads and casseroles.

Pack your shopping cart with plenty of fresh vegetables like sweet potatoes, winter squash, broccoli, carrots and green beans. Apples, cranberries and pears combine easily for a tasty salad, fruit crisp or topping for the turkey.

If you are a guest at a dinner party or other gathering, consider these tips to keep your night healthy, happy and safe:

- If you plan on treating yourself later, start your day with a small meal that includes whole grains, fruit, low-fat or fat-free dairy and protein, such as eggs, ham or peanut butter.
- Don’t starve yourself beforehand. Rather, eat a small, lower-calorie meal or snack including fruit or a bagel so you aren’t tempted to overdo your calorie intake for the day.
- Choose carefully between foods you definitely will eat, those you will sample and those you will skip.
- Don’t rush to eat. Socialize and settle into the festivities before you eat.
- Move your socializing away from the buffet or appetizer trays. This will minimize the unconscious nibbling.

The holidays are a great time for celebrating with friends and family over food and drinks. With just a little preparation, you can keep off the extra holiday pounds and still enjoy all that the season has to offer.
EXERCISE OF THE MONTH
The Snowman

Step 1: Stand with your legs placed about 6 inches farther out than shoulder width apart in a wide stance, and with your feet pointing 45º away from the direction you are facing. This is preparing you for the “Sumo Squat” position.

Step 2: Remaining in this squat position, you will bend your knees to about a 90º angle and hold this position.

Step 3: While holding the squat position, you will do a shoulder press with light to medium weight dumbbells.

Step 4: While continuing to hold this position, you will turn your wrists in so the dumbbells face each other, and bring the dumbbells together over your head. You have now made the snowman position!

Step 5: Put your arms back at your side and come out of the sumo squat position.