

Infogram

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THERAPY & FITNESS
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'Twas the Night Before Christmas Fitness Edition

'Twas the night before Christmas, when all through the gym not a creature was stirring, not even Kim;

The plates were all stacked by the barbells with care, in hopes that Laura Ching soon would be there;

The members were nestled all snug in their beds, while visions of protein danced in their heads;

And Trisha in her knee-socks, and Katie in her capris, had just finished Barre, to music by Tchaikovsky,

When out in the lot there arose such a clatter, Candy sprang from the office to see what was the matter.

Away to the front door she flew like a flash, threw open the lock and pulled it up fast.

The moon on the breast of the new-fallen snow gave lustre of mid-day to objects below,
When, what to her wondering eyes should appear, but a John Henry push-sled stacked with plates to her ears,

With Steve Dietzman, lively and quick, who in that moment looked like Saint Nick!

Stronger than Jill, who's here at 4:28, Krista whistled, and shouted, and taunted "Light Weight!";

"Now, Athleta! Now, Fila! Now, Under and Armor! On, Puma! On, Adidas! On Alala and Nike!"

From the top of the driveway to the end of the street Steve pushed that sled around with lightning quick feet!

As dry leaves that before the wild hurricane fly, when they met an obstacle, mount to the sky,

So out to 64 throwing sparks out the back, with the sled stacked so heavy the roadway had cracked.

As Candy drew in her head and then turned around, she saw piles of new equipment spread all over the ground.

And she heard him exclaim, as he drove out of sight, "Merry Crossfit to All and to All a Goodnight!"

Adapted from Cable, H., & Moore, C. C. (1993). 'Twas the night before Christmas. Don Mills, Ont: G.V. Thompson Music, by Heather Schreiner



Healthy Holiday Tips

It can be challenging to eat healthy during the holidays, but it can be done. Below are a few tips to help you stay on track and eat healthy during the holidays and into the new year.

- **Eat before you go** to any holiday gathering. You will likely be tempted to eat too many unhealthy foods. Try to curb your appetite before going to a gathering by eating and/or drinking something that is healthy and satisfying before you go. If you're not hungry when you get there, you'll be less likely to overeat while there.
- **Drink water** before you go and while you're there rather than high sugar and/or alcoholic beverages. Beverages containing sugar and alcohol can have a lot of "hidden" calories, so be careful.
- **Go for the healthier food items first.** If you pick the foods that are lower in calories first, there will be less room for the not so healthy food items. Here are a few examples: raw vegetables with a small serving of dip; turkey breast, lean ham or pork roast. You can rarely go wrong with a nice plate of salad green and other vegetables (without the bacon, eggs, meat and cheese) with a low fat dressing and some fresh fruit for dessert.
- Of course you can bake your cake (or pie) and eat it too! **Just don't overdo it at the dessert table.** Sample small amounts instead of eating whole pieces. The key is to not deprive yourself, but to eat in moderation.
- **Eat more often, but less food.** That's right! Allow yourself to eat several small meals a day. Don't skip meals....attempting to "save up" for the big meal. If you starve yourself all day, you are more likely to



overindulge. Be sure to eat breakfast and snack on healthier items throughout the day. Skipping meals may make you cranky...and you don't want to be a scrooge because you haven't eaten.

- **Move more.** Some ideas include putting on some good ole holiday music and dancing the night away. When you go shopping, park in one of the parking spaces further away from the building.
- **Make time for you!** The holiday season can be stressful if you don't find ways to make time for yourself. Remember to find non-food related ways to relieve your stress. Take a nice relaxing walk, get a massage, take a bath and snuggle in bed reading a good book. Try to keep to your regular exercise schedule as much as possible, being sure to get at least 30 minutes of activity in each day. Find something that works for you and takes your mind off of the busy season.

Remember to enjoy the holidays! Focus on having a great time with family and friends instead of focusing on food. Instead of watching football, get out and play a game with loved ones. Most of all, make the holidays fun, healthy and safe. Enjoy!

Source: www.adph.org

“Do it because you love it, not as penance for pie. Workout because you love your body, not because you hate it.”



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7 Ways to Sneak in a Holiday Workout

- **Do a "Condensed-but-Intense-Workout"**
Customize your own 30-minute workout combining three lower body workouts (squats or lunges) and three upper body exercises (modified push-ups or chair dips). Warm up with exercises like marching or jogging in place, then do 10 to 20 repetitions of a lower body exercise and 10 to 15 repetitions of an upper body exercise. Follow this with a minute of jumping jacks or jogging in place. Repeat this routine two or even three times and then try a variation of abdominal crunches, low back lifts and stretches.
- **Rehearse Your Routine**
Practice makes perfect, so in order to be familiar and comfortable with your routine, do it as often as possible.
- **Get Active in Airports**
If flight delays leave you with extra time at the airport, take advantage of it. Store your luggage in an airport locker and take a hike through the terminal.
- **Bring Tubes, Bands and More.** Don't leave out fitness equipment when you're packing for a trip. Bring fitness videos, comfortable

walking shoes, a bathing suit or other gear that you can fit in your bag. Inspirational memos from a trainer or a motivational CD could help you get moving.

- **Get a Jump Rope**
Jumping rope is a great way to get in a few minutes of intense cardio workout and it can be done just about anywhere. If you don't have a jump rope, try climbing flights of stairs instead.
- **Plan to Relax**
Don't overdo it. Staying fit is important, but don't lose sight of the real reason for the holidays spending time with those who are important to you. If you want to do both, involve the whole family in a yoga or tai chi exercise to unwind.
- **Ease Back Into Your Routine**
Depending on how much you worked out during your travel, you may need to gradually ease back into your old routine. You may want to consider using lighter weights or decrease the intensity or the duration of your workouts until you can return to pre-trip conditions.

Source: www.active.com





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www.aspirus.org/FitnessMedford



Spanish Turkey Meatball Stew

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 5 cloves garlic, minced
- Kosher salt
- 1 teaspoon smoked paprika
- 1 cup sliced small carrots
- 2 14-ounce cans low-sodium diced fire-roasted tomatoes
- 2 cups low-sodium chicken broth
- 1 15-ounce can chickpeas, drained and rinsed
- 1 1/4 pounds lean ground turkey
- 3/4 cup loosely packed fresh parsley (about 1 bunch), chopped, plus more for topping

Instructions

- Heat the olive oil in a large skillet over medium-high heat. Add the onion, garlic and a pinch of salt and cook, stirring occasionally, until soft, about 5 minutes. Transfer half of the mixture to a large bowl.
- Add the paprika and carrots to the remaining onion mixture in the skillet and cook 1 minute. Add the tomatoes, chicken broth and chickpeas; bring to a rapid simmer and cook, stirring occasionally, until the sauce thickens slightly, about 6 minutes.
- Meanwhile, add the ground turkey, parsley, 1 teaspoon salt and 1/4 teaspoon pepper to the bowl with the reserved onion mixture and mix with your hands. Form the turkey mixture into 20 meatballs. Place the meatballs in the skillet with the sauce and simmer, turning once, until cooked through, about 7 minutes. Serve with more pepper and parsley.

Nutritional Info: (Serves 4)

Calories 458; Fat 18 g (Saturated 4 g); Cholesterol 81 mg; Sodium 1,234 mg; Carbohydrate 36 g; Fiber 8 g; Protein 38 g

Source: www.foodnetwork.com

