

Be Well For It All Newsletter

Mind

Body

Spirit

Live For It All... Mind, Body, & Spirit

“To eat is a necessity, but to eat intelligently is an art”

-La Rochefoucauld

“Never eat more than you can lift.”

-Miss Piggy

Enjoying the Holidays-Guilt Free

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The average American will gain 3-7 lbs during this holiday season. Don't let all of that hard work of mindful eating and exercising go to waste! It's almost impossible to avoid the traditional meals, (a typical Thanksgiving meal is over 3,000 calories!) so let's find some ways to balance the holiday fun with some healthy behaviors. Here are some tips on staying fit and healthy through the holiday season.

-Balance it out. If you know you will be “overindulging” on a certain day, make an effort

to avoid “high risk” foods for at least two days before. This would mean avoiding anything processed and sticking with vegetables, fruits, and lean meats for a few days in advance. You may even drop a few pounds before the actual “big day” or party.

-Bring your own healthy dish to a party.

-Don't skip breakfast or lunch on Thanksgiving. That's a surefire way to overeat at the holiday meal.

-Eat your favorites...once. Don't go back for seconds

-Limit alcohol. Alcohol

has nearly double the calories of carbohydrates and protein, except with zero nutritional value! Plus, mix it with juice and now you're adding empty sugar calories.

-Be active! Play football instead of watching it!

-If you have guests in town, plan a fun event that gets everyone out and active, like skiing, hiking, or running a local 5 or 10k race!

-Don't skip your regular workouts!

LIVE FOR IT ALL'S FEATURED EVENTS:

WELL WEEKEND 2010 ONLY 3 SPACES LEFT!

Reset your life, meet new friends, and join us as we spend a weekend at the Expanding Light Retreat in the Sierra Foothills. It will be a weekend of yoga, meditation, self reflection, and healthy eating as we continue on our personal journeys and “reset our lives.”

This Well Weekend takes place from Friday Jan 8 to Sunday January 10. Refresh your body, mind, and spirit for the new year. Find out more information and reserve your space online. Travel arrangements and carpooling will be available.

RUN INTO SPRING

Runners Beware! We're not afraid of the winter weather! We're challenging it as we Run Into Spring, and train for the March Shamrock'n 1/2 marathon in Sacramento. Beginners welcome in this fun, friendly, educational, 1/2 marathon training program. Full marathon training follows.

FIT FOR SPRING

Meet 1, 2, or 3 days per week as we get “fit for spring” in this fun, challenging outdoor fitness class, designed for all levels. Beginners to advanced. Kick off the new year right, and achieve those goals that you set for yourself. 2010 motto: No Excuses. *Spaces limited, sign up early!*

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