What is it?

A 7-week Worksite Wellness Program that challenges participants to not gain weight over the holidays

 ✓ You will weigh-in before Thanksgiving and then weigh out after New Years.

 ✓ You will be given a survival guide for all 3 holidays along with a food diary to help you maintain your weight.

Did You Know?

The average person gains as much as 7 pounds during the holidays. Many people start gaining weight at Thanksgiving and continue gaining through the New Year Holiday. Start the New Year off right without those extra pounds and say:

WEIGH TO GO!!

For more information or to sign up for the program contact your worksite coordinator.
Weigh To Go!
Participant Pre Survey

Worksite Name: ___________________________  Worksite ID Number: ________________

This will be used as an identifier for data collection so your information will be protected.
Date of Birth: __/__/____ (ex. 02/02/70)  Last 4 digits of Social Security # ___ ___ ___ ___

Sex: □ Male  □ Female  Weight:______ pounds  Height: ______ft _____ in
Age: □ 18 – 24 years  □ 25 – 34 years  □ 35 – 44 years  □ 45 – 54 years  □ 55 – 64 years  □ 65 and older

1. How many times per week do you engage in some type of exercise activity? (Check one)
   □ Never  □ 1-2 times  □ 3 or more times

2. Do you expect Weigh to Go to help you lose weight?
   □ Yes  □ No

3. Do you pay more attention to your diet and weight during the holiday season?
   □ Yes  □ No

4. How much weight do you usually gain over the holiday season?
   □ No gain  □ 1-2 pounds  □ 3-5 pounds  □ More than 5 pounds

5. How often do you eat snack foods between meals?
   □ Seldom or never  □ Few times per week  □ Once or twice per day  □ Three or more times per day

I acknowledge that successful completion of the program is turning in the required paperwork (pre and post survey and log) and provide my date of birth and last four digits of my social security number.

Signature:_______________________________________  Date:______________________

Printed Name: _______________________________  ______________________

Check with your doctor before starting any exercise program.

Please return to your worksite coordinator.
WEIGH TO GO!

PERSONAL CONTRACT

I ___________________________________, on this date _____________________, do hereby certify that my pre-Thanksgiving weight is ______________pounds.

Through a sensible approach to eating, physical activity and stress management, I pledge to enjoy this Holiday Season without gaining weight. I hereby commit that I will take time to read and use the “Weigh to Go” Survival packets of information, and promise to:

• Enjoy my Thanksgiving dinner by being full of thanks instead of food.

• Enjoy the December holiday by focusing on the true meaning of the season and not get caught up in the “Consumer Trap”.

• Have a safe and Healthy New Year’s by focusing on friends and family instead of food and alcohol.

• Not have pants bursting at the seams by the time the Rose Bowl game clock ticks down to zero.

I hereby pledge to start the New Year no more than 3 pounds heavier than the weight shown above (allowance provided to account for normal weight fluctuations).

Signed ____________________________________________________________

Date _____________________________________________________________

Witness ___________________________________________________________
SURVIVING THE HOLIDAZE

For many the holiday season is a time of great joy but it can also be a stressful time. Holidays typically involve overspending, overeating, overdrinking and over everything. From the financial pressures of gift-giving to the grating personalities of relatives, the holiday season is filled with emotional land mines. Instead of family, friends and fun, many people experience frustration and fatigue.

The following information is provided to help “minimize the melancholy and maximize the merry.”

BE REALISTIC

“Gotta buy gifts, gotta go to parties, gotta bake cookies, gotta send cards, gotta see relatives…” Sound familiar? Frequently, we place unrealistic demands on ourselves and end up with situational stress.

The first idea is to recognize that you cannot do it all. Choose the activities which you can realistically participate and then set your own calendar. Set priorities and give up impossible or needless goals.

In addition to overburdening ourselves, frequently there is a gap between expectations and reality. Movies and the like portray the holiday season as a time of infinite gaiety. Try not to over-idealize the holidays. Frequently there is a difference between the way we want or imagine our daily lives and families to be the way they really are. Instead of expecting a “Miracle on 34th Street” this year, enjoy what the season has to offer.
Stress Tips for the Holidays

This holiday season will be stress filled. World economic swings and terrorism have created conditions that have changed our holiday celebrations. Attitudes towards travel and being with family will make the holiday season different than in years past. Adjustments will help to create new ways of participating in the holiday events. These can be both positive and negative. Consider new traditions in self-care. Search for community support that will open your heart to the joys that are possible in this season.

Remember the things that are the most stressful are the things that you care about most, but have the least control over. World events, the economy, the way people respond, and our families are major stressors that we wish we could control, but often can not.

1. Schedule Time for Self-Care! - Regular exercise and time for stress management are a must. Find what techniques work best for you, and use these tools. This is non-negotiable time devoted for your health and well being.

2. Eat Well - Moderation is the key. Do not use alcohol or drugs for stress management. Do not "over" celebrate. Avoid fast foods.

3. Avoid Caffeine - Minimize the impact of caffeine on your life.

4. Plan the Holiday. Set some limits - Do not over spend your financial or emotional resources.

5. Control Your Expectations of: Happiness, Joy, Sadness, and Loneliness

6. Be Nice to Others - Give compliments and smile. Around negative, anxious, or rude people, take a breath and remember that you do not need to get pulled into other people's holiday misery or their craziness.

7. Reach Out for Support - Talk with "stable" friends or family, or clergy, or mental health counselors.

8. Humor Helps... Have Fun - Laugh daily, if possible.

9. Stay in the Present! - Mentally and emotionally, do not be consumed by things that happened in the past or fear events in the future.

10. Find the True Spirit of the Holidays - Share this with those people who you love or care about.

Please take good care of yourself.

Tips from the Stress Education Center
Food Diary Information

Keep track of daily food consumption and exercise activity with My Food Diary.

- For exercise: log how long and when
- For food consumption: log the name and portion size of the food. Examples of portion size are listed on the backside of the food diary cover →
- Also log the amount of calories, fat, protein, and carbohydrates in the food you consume. This information can be found on the label accompanying your food titled: Nutrition Facts

! If your food does not have a label you can look up this information at: http://www.nutritiondata.com/

➤ This website will create a food label for your food or beverage.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>87 g</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>72mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>45mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>0g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
</tr>
<tr>
<td>Protein</td>
<td>26g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>1%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Thanksgiving Survival Kit

“Stuff the turkey... not yourself”

The Thanksgiving Survival Kit was designed to help you get on the right track during the first holiday of the season. Included in this kit, you will find information on the Thanksgiving meal, handling of turkey, as well as recipe ideas and substitutions.

Put a Twist on Traditional Turkey Preparation Methods

Turkey has long been a holiday tradition; in fact, 95 percent of those surveyed by the National Turkey Federation (NTF) reported eating turkey last Thanksgiving. While most Americans preparing Thanksgiving dinner roasted their turkeys (94 percent), interest and experimentation in non-traditional methods of turkey preparation, such as deep-frying, brining, smoking and grilling, are gaining in popularity. Surprise your family and friends with a new spin on this old favorite.

It's simple to be creative when you cook with turkey because it's easily seasoned and complements any dish on the table. "You can change the flavor profile of turkey by altering the cooking method, preparation or both," said Sherrie Rosenblatt, NTF's director of public relations. "Experiment with different rub and marinade seasonings, then try deep frying, brining or grilling for added flavor." The Lemon Garlic Roasted Turkey recipe can be easily adapted from the roasting method to grilling or deep-frying techniques. The citrus and garlic flavors are quite complementary to the taste of turkey.
Be creative with other dishes on the table too. 94 percent of those who prepared Thanksgiving dinner last year included a stuffing dish. This year, try rice as an alternative to stuffing. Ginger Citrus Rice is both low in fat, easy to prepare and packed with flavor. Don't forget to use these flavorful leftovers for quick-to-prepare meals. Cooked turkey is an ideal base ingredient for stir-fry dishes, pizzas, frittatas, fajitas, casseroles, chili’s, sandwiches, salads and soups. For more ideas on using turkey to create deliciously different recipes, go to www.eatturkey.com for a virtual encyclopedia of cooking and preparation tips.

MARINATE FIRST
Marinades are seasoned liquids in which the turkey is soaked both to absorb flavor and to tenderize. Most marinades contain an acid such as vinegar, citrus juice, wine and herbs or spices. One of the easiest ways to marinate a turkey is by using a needle-like injector. Injectors can be purchased at kitchen supply stores and range in price from $10 to $15.

To marinate a turkey without an injector, simply use a fork to make random holes over the entire bird. Place the turkey in a large, plastic cooking bag or foodservice grade plastic bag, pour in the marinade, close the bag securely and let it marinate overnight. Turkey should always be marinated in the refrigerator. Before cooking, be sure to scrape off excess marinade and discard. Do NOT re-use marinade to baste the turkey.

ROASTING TURKEY
Roast until the internal temperature reaches 170°F in the breast and 180°F in the thigh. Cooking times are for planning purposes only--always use a food thermometer to determine the correct stage of doneness.

<table>
<thead>
<tr>
<th>Weight</th>
<th>Unstuffed Turkey</th>
<th>Stuffed Turkey</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 to 12 pounds</td>
<td>2 3/4 to 3 hours</td>
<td>3 to 3 1/2 hours</td>
</tr>
<tr>
<td>12 to 14 pounds</td>
<td>3 to 3 3/4 hours</td>
<td>3 1/2 to 4 hours</td>
</tr>
<tr>
<td>14 to 18 pounds</td>
<td>3 3/4 to 4 1/4 hours</td>
<td>4 to 4 1/4 hours</td>
</tr>
<tr>
<td>18 to 20 pounds</td>
<td>4 1/4 to 4 1/2 hours</td>
<td>4 1/4 to 4 3/4 hours</td>
</tr>
<tr>
<td>20 to 24 pounds</td>
<td>4 1/2 to 5 hours</td>
<td>4 3/4 to 5 1/4 hours</td>
</tr>
<tr>
<td>24 to 30 pounds</td>
<td>5 to 5 1/4 hours</td>
<td>5 1/4 to 6 1/4 hours</td>
</tr>
</tbody>
</table>

GRILLING TURKEY
Indirect heat is ideal for grilling a whole turkey or a turkey breast, as these foods need a slower grilling method. With indirect heat, the lid is closed and the meat is placed over a tray or on the unlit portion of the grill. Grill the turkey for approximately 12 to 15 minutes per pound or until the internal temperature reaches 170°F for a turkey breast and 180°F in the thigh for a whole bird.

© 2004 National Turkey Federation
1225 New York Avenue NW • Suite 400 • Washington, D.C. 20005
EMAIL: info@turkeyfed.org • TEL: 202.898.0100 • FAX: 202.898.0203
Turkey Recipes

Here are some Quick and Easy Recipes from the National Turkey Federation. For more go to: http://www.eatturkey.com/consumer/recipes.html

BBQ Turkey Burgers

Prep Time: 20 minutes

Ethnicity: American

Meal Type: Sandwich, Wrap

Occasion: Memorial Day, Labor Day, Fourth of July

Preparation Method: Grill

Product Type: Ground Turkey

Dish Type: Burger

Ingredients
1-1/2 Pounds GROUND TURKEY
1/2 Cup onion, chopped
1/2 Cup BBQ sauce
1/2 Cup dried bread crumbs
1/2 Teaspoon salt
1/4 Teaspoon black pepper
6 sandwich buns, split and lightly toasted
As needed green leaf lettuce, washed, dried and chilled
12-18 Thin slices red onions

1. Combine first six ingredients in a large bowl. Mix thoroughly and shape into 6 patties.
2. Place on an oiled grill and grill over direct medium heat for 4-6 minutes on each side, or until the internal temperature reaches 165 degrees F and the burger is no longer pink in the center.
3. Baste with additional BBQ sauce if desired.
4. Serve on toasted buns with leaf lettuce and sliced red onions.

Nutrition Facts

Calories 250
Total Fat 12g
  Saturated Fat 3g
Cholesterol 80mg
Sodium 530mg
Potassium 296mg
Total Carbohydrate 10g
  Sugars 3g
Protein 24g

Vitamin A 4%  •  Vitamin C 4%
Calium 4%  •  Iron 15%

% Daily Value*

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Calories: 2000</th>
<th>Calories: 2500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
  Fat 9  •  Carbohydrate 4  •  Protein 4

One serving contains less than one gram of dietary fiber.
Quick Quesadillas

Prep Time: 10 minutes

Ethnicity: Mexican

Meal Type: Sandwich, Wrap, Appetizer

Occasion: Parties

Preparation Method: Microwave

Product Type: Boneless Thighs

Dish Type: Quesadilla

Ingredients
12 Ounces TURKEY THIGHS, skin removed and cubed
1 Tablespoon vegetable oil
8 8-inch whole wheat flour tortillas
2 Cups Cheddar cheese, shredded
1 Cup green onions, chopped
1/4 Cup canned mild jalapeno chili, chopped
1 Cup salsa
As needed salsa for garnish
As needed lime wedges
As needed sour cream, optional
As needed guacamole, optional

1. Stir-fry cubed turkey in oil until the pinkness disappears.
2. Sprinkle 4 tortillas with turkey, cheese, onions and jalapeno. Drizzle salsa over top.
3. Cover each tortilla with the remaining tortillas. Place on microwavable plates and microwave on high for 1 to 2 minutes until the cheese is melted and the turkey is heated through.
4. Cut each tortilla into wedges and serve immediately with salsa, lime wedges and optional sour cream and guacamole.

Nutrition Facts

Calories 632
Total Fat 28g
Cholesterol 112mg
Sodium 1456mg
Total Carbohydrate 48g
Protein 42g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2000 2500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 Carbohydrate 4 Protein 4
The Thanksgiving Meal

Here are some strategies to prevent that “I need to be carried home feeling”:

If you skip breakfast and lunch to save up calories for Thanksgiving dinner, you set yourself up to overeat. To prevent gluttony, eat breakfast and lunch – you may choose to eat lighter, but skipping them altogether can be detrimental.

Don’t make food the focal point of your day – balance the meal with conversations, games or other fun activities.

Exercise is a good way to burn off extra calories. Try enjoying a family walk after a big meal or a game of touch football.

Watch the portion size. If you have two dinners to attend, go for small portions so you have room for the second meal. And, if it’s a buffet, be selective. Choose only the foods you really want and keep the portions small.

Don’t forget the dessert. So many pies to choose from – pumpkin, apple, cherry. If you choose to go a la mode, use low-fat frozen yogurt or reduced fat ice cream instead of regular ice cream. Try low-fat whipped cream or whipped evaporated skim milk as a topping. Or, just enjoy one slice.

Get Portion Savvy

“Watch your portion sizes!” But what’s the right portion? It’s important to keep tabs on portion size – because it’s the portion, or serving size, that determines the number of calories. Even low-fat foods can add up to a hefty calorie count when portions get big.

A good planning guide is the Food Guide Pyramid with its five food groups. But you still need to know what counts as one serving. A slightly bigger portion may count as more than one serving and a smaller portion as just a partial serving. Judging a serving size takes practice and many times we underestimate. Here are some visual comparisons to make quick guesstimates of serving sizes during the holiday season:

<table>
<thead>
<tr>
<th>This serving…</th>
<th>Is about the size of…</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 ounces of meat, poultry or fish</td>
<td>Deck of playing cards</td>
</tr>
<tr>
<td>1 ounce of meat, poultry or fish</td>
<td>Matchbox</td>
</tr>
<tr>
<td>1 cup fruit, yogurt</td>
<td>Baseball</td>
</tr>
<tr>
<td>½ cup vegetables, pasta, rice or fruit</td>
<td>½ baseball or tennis ball</td>
</tr>
<tr>
<td>1 medium potato</td>
<td>Computer mouse</td>
</tr>
<tr>
<td>1 cup chopped fresh leafy greens</td>
<td>4 lettuce leaves</td>
</tr>
<tr>
<td>1 ounce cheese</td>
<td>Four dice</td>
</tr>
<tr>
<td>1 teaspoon fat</td>
<td>Tip of your thumb</td>
</tr>
</tbody>
</table>
Holiday Eating Strategies

Tis’ the season of excess,

the time for company parties and dinners with decadent desserts.

The following are ideas to minimize the damage:

If you’re giving a party or hosting a meal:

Try offering a healthy new recipe rather than a low-calorie modification of an old favorite. Sometimes taste and satisfaction suffer in the process. Offering something new and different discovered in a healthy holiday cookbook or women’s magazine allows your guests a choice.

- Include some fresh fruit along with – or perhaps prior to – the high-calorie splurge your guests are expecting. By sampling the fruit, you may find a smaller piece of the dessert is satisfying.
- Don’t make the food the focal point of your event – balance it with games or other fun activities.
- Send the leftovers home with your guests – you’ll have less temptation to splurge the following day.

If you’re a guest at a party or a holiday meal:

- Don’t deny yourself the traditional holiday foods you’ve enjoyed since childhood. Enjoy moderate portions of what’s being offered. Concentrate on eating slowly and savoring the taste and companionship.
- Don’t skip meals earlier in the day – you’ll set yourself up to overeat. Eat before you go to a party so you don’t arrive hungry.
- At buffets, give yourself permission to taste things that are new or holiday specific. No need to overindulge on “everyday” foods. (How many times have you tasted potato chips? If you pass, you won’t be missing out on any of the new taste sensations.)
- Alternate diet sodas, water or seltzer with alcoholic beverages. Alcohol is loaded with calories and doesn’t contain much in the way of nutritional value.

Additional ideas:

- Don’t weigh yourself too often. Your weight fluctuates normally – jumping on the scale after a holiday meal isn’t a true reflection of actual weight gain. If you want to weigh yourself, do it once a week, first thing in the morning.
- Look your best. When you look good, you feel good. And when you feel good, you’re less likely to seek comfort in food.
- Remember to enjoy the other aspects of the holidays such as being amongst family and friends, the spirit of the season, exchanging gifts, holiday decorations, etc. Don’t concentrate solely on the increased availability of food.
Simple Substitutions

Tis' the season for food, fun, family and more food. Go ahead and enjoy your favorites at holiday parties but balance yourself out by making a few simple changes:

- Spoon only a few tablespoons of butter and sauces on your meal instead of pouring or ladling them. Better yet, skip the sauces and gravies and savor the real flavor of the food.
- Instead of using chips to scoop out the dip, put a small amount of dip on a plate and select raw vegetables for eating.
- Sip on low-calorie beverages rather than high-calorie punch, eggnog, or alcoholic drinks.
- Instead of cream cheese, use low-fat cream or ricotta cheese, or all-fruit preserves or jams.
- Instead of sour cream, use low-fat yogurt or 1/2 cup low-fat cottage cheese blended with 1 1/2 teaspoons lemon juice, or low-fat sour cream.
- Instead of whipped cream use whipped evaporated skim milk (chill before whipping).
- Instead of whole egg use two egg whites for each whole egg, or an egg substitute.
- Instead of mayonnaise use reduced-calorie or "light" mayonnaise.
- Instead of high-fat cheese use low-fat or skim-milk cheese, look for cheese with less than 5 grams of fat per ounce.

One of the problems with the holidays is that many of the recipes that we use are those “old family favorites” – recipes that have been passed down through our family trees from one generation to another. Grandma’s cheesecake, Aunt Sara’s sweet potato casserole, Cousin Peg’s layered salad. And, of course, all the traditional sauces and gravies. The problem is most of these “tried and true” family favorite recipes were created when we didn’t know about the dangers of high fat, high salt, high sugar and high calories on one’s health and weight. For example, look what happens to the calorie count of 1/2 cup of broccoli when you add certain toppings or sauces:

<table>
<thead>
<tr>
<th>1/2 cup steamed broccoli</th>
<th>30 calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>with cheese sauce</td>
<td>87 calories</td>
</tr>
<tr>
<td>with mushroom soup sauce</td>
<td>99 calories</td>
</tr>
<tr>
<td>with salad dressing</td>
<td>120 calories</td>
</tr>
<tr>
<td>with hollandaise sauce</td>
<td>162 calories</td>
</tr>
</tbody>
</table>

Fortunately, there are ways to reduce the fat and calorie content of these old favorites without sacrificing the good taste. Take a look at your family favorites and try some of these painless substitutions. Remember: fat is what makes you “feel full” because for every gram of fat that you eat, you get 9 calories (carbohydrates and protein only have 4 calories per gram.) So, by cutting back on all of the extra fat items, the only thing that will be “stuffed” after your next thanksgiving meal, will be the turkey!

<table>
<thead>
<tr>
<th>The next time a recipe calls for this…</th>
<th>Try this instead…</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup butter</td>
<td>7/8 cup polyunsaturated oil or 1 cup tub margarine or 1 cup partially hydrogenated margarine but lower in polyunsaturated fat than tub margarine</td>
</tr>
<tr>
<td>1 cup heavy cream</td>
<td>1 cup evaporated skimmed milk or non-dairy creamer with fat source being polyunsaturated</td>
</tr>
</tbody>
</table>
December Survival Kit

“Tis the Season for Excess”

The December Survival Kit is full of information about how to enjoy this season without a lot of OVEREATING. Also included are ideas for healthy holiday gifts, seasonal recipes and tactics for surviving the mall.

Get A Jump On Gift Giving With These Simple Ideas:

If gift-giving is part of your holiday tradition, chances are that you have experienced the stresses associated with gift shopping. Armed with your gift list and the best of intentions, you hit the mall or shopping street. Your objective - to find a gift for everyone on your list which will:

a) delight the recipient       b) show your wit       c) appear giving but not exceed your budget

After all, you've got all those stores plus a food court to choose from, so you're bound to find something…If after three hours you have made no purchases and your stress level is off the charts, think about taking advantage of one of the following gift ideas:

1) Tickets: to a concert, theater, sports event or exhibition.

2) Photographs: Look through your photos to see if you have a nice shot of the recipient with his/her family or friends. Have an enlargement made, and present it in an original card or frame.

3) Food: If you like to cook, you can make gifts, try something more original than the traditional holiday sweets and snacks that everyone has too much of already. Think about items that can be used at a later time, such as herb-flavored oils in attractive bottles or homemade preserves.

Another option is to present a prepackaged "dinner in a bag." Make a pot of hearty pasta sauce and freeze in individual containers. Add a package of dried pasta and some biscotti. Attach a card and a bow, and you've got a gift guaranteed to please those equally-stressed friends.

4) Gifts bought online or by mail. Almost everything is available through these routes, and if you order early enough, you'll ample have time for returns and exchanges should your selections disappoint you. Free your schedule and plan an evening of "shopping" at your computer or on the sofa with a pile of catalogs. Avoid the impersonal look of sending gift purchases directly to the recipient; have them delivered to you so you can personalize a wrapping and card for each.
5) "Gift Certificates" for a special meal, outing or event for you and the recipient. Make a creative, written invitation, perhaps accompanied by a small gift. Other ideas include services at a day spa, a meal prepared by you or even something as simple as a movie night. Gift certificates for an evening's babysitting are great for parents with young children. To avoid appearing that this was last-minute option, include plans for the event in your invitation, and suggest a tentative date for the activity.

6) Coffee, flowers or other deliverable items. Instead of sending things now, arrange for delivery at a later time. Consider enrolling in an "of the month" program for fruits, cheeses or gourmet coffees. While these options aren't for the budget-minded, they can be a practical solution for that difficult-to-buy-for relative or for corporate gifts.


Counting the Calories in Christmas Alcohol

There are ways to watch your alcohol content at Christmas without being a party pooper - here's a few tips.

It's that time of year again when the party invitations start flooding in - the Office To Do, family get togethers and meeting up with old friends are all on the agenda.

Parties mean alcohol and with the best will in the world you will want to enter the party spirit and enjoy a drink.

Alcohol is high in calories (1g = 7kcal). However, a little knowledge means you can minimize the damage and enjoy a glass or two. It is important to keep your intake of alcohol under control - moderation is the key.

Ways to Reduce Calories

- Try alternating alcoholic drinks with low calorie non-alcoholic drinks or water
- Ask for low calorie/diet mixers where possible - it can make a big difference
- Make wine into a spritzer - a longer drink means you will drink less
- Substitute your "alcopop" for a shot of spirit and a low calorie mixer

Make Allowance in Your Calorie Quota

Plan alcohol into your daily calorie quota so you can enjoy a glass or two. If you know you will be drinking at a party, try to save some calories each day in advance or increase your activity levels to compensate.

Don't Skip Meals to Allow for Drinks

Don't be tempted to skip meals to allow for drinks - alcohol won't satisfy your hunger. In fact, alcohol lowers blood sugar levels (it prevents sugar that is normally stored in the liver, as glycogen, from breaking down). A drop in blood sugar levels sends signals to the brain that you are hungry. With alcohol in your system, will power can go out of the window and snack attacks kick in. Eating a proper meal before you go out will line your stomach and slow the rate at which alcohol is absorbed into your bloodstream. This will keep you in control of how much you eat and drink.
<table>
<thead>
<tr>
<th>SWAP</th>
<th>kcals</th>
<th>FOR</th>
<th>kcals</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Shot/25ml Gin with 125ml Tonic Water</td>
<td>93</td>
<td>1 Shot/25ml Gin with 125ml Diet Tonic Water</td>
<td>53</td>
</tr>
<tr>
<td>1 Shot/25ml Bacardi with 125ml Coke</td>
<td>104</td>
<td>1 Shot/25ml Bacardi with 125ml Diet Coke</td>
<td>52</td>
</tr>
<tr>
<td>1 Glass/120ml Champagne</td>
<td>89</td>
<td>1 Glass/120ml Dry White Wine</td>
<td>77</td>
</tr>
<tr>
<td>1 Pint/568ml Lager</td>
<td>227</td>
<td>1 Pint/568ml Shandy</td>
<td>108</td>
</tr>
<tr>
<td>1 Bottle/275ml Bacardi Breezer</td>
<td>198</td>
<td>1 Bottle/275ml Diet Bacardi Breezer</td>
<td>96</td>
</tr>
</tbody>
</table>

http://www.weightlossresources.co.uk/calories/calorie_counting/christmas_alcohol.htm

## Mock tails & Christmas Drink Recipes

### Healthy Egg Nog

**Ingredients:**
- 1 large egg
- 1/4 cup sugar
- 1/4 tsp vanilla extract
- 1/4 tsp ground nutmeg
- 1/4 cup regular egg substitute
- 2 cup fat-free evaporated milk
- 1/4 fluid ounce brandy, or rum (80 proof)

**Directions:**
Beat together egg, egg substitute and sugar.
Warm the milk until it steams, but does not boil. Very gradually beat the milk into the eggs.
Return mixture to the stove and cook over low heat, stirring constantly until thickened slightly and very steamy. Do not let the eggnog boil.

Stir in vanilla and chill thoroughly.

Stir in brandy. Pour into four glasses and sprinkle a touch of nutmeg on top of each serving. Yields about four 3/4-cup servings.

### Hot Caramel Apple Drink

**Ingredients:**
- 8 oz. apple juice
- 1 tbsp caramel syrup (recipe provided)
- whipped cream; caramel syrup
- nutmeg
- cinnamon

**To make cinnamon Syrup:**
- 1 cup sugar
- 1/8th tsp Salt
- 2 tbsp flour
- 1/2 tsp cinnamon
- 2/3 cups water

Mix well and boil until thick. Add 2 tbsp butter.

**Method:**
Heat apple juice and bring it to a gentle rolling boil. Add 1 tbsp of cinnamon syrup to an empty mug. Now add the boiled apple juice. Top with whipped cream, add a generous portion of caramel syrup and let it run into the juice. If required, add extra measures of whipped cream and caramel. Sprinkle with nutmeg and cinnamon.
**MOCKTAIL RECIPES**

**Cranberry Cooler**
Cranberry Juice, Splash of Soda
Combine in Highball glass. Garnish with lime wedge.

**Margarita**
2 oz. Sour mix, Splash each of Lime & Orange juice
Blend with ice until smooth, Serve in a salt rimmed glass. Garnish with a Lime wedge.

**Strawberry Colada**
Equal parts of; Fresh or frozen Strawberries, Cream of coconut, Pineapple juice
Blend with ice until smooth. Serve in a Hurricane glass. Garnish with a Flag.

**I'll Fake Manhattan**
1 1/2 oz. each of; Cranberry & Orange juice, 2 dashes of Orange Bitters, Dash of Grenadine and Lemon juice
Stir over ice. Serve up in a chilled cocktail glass.

**Strawberry Daiquiri**
3 oz. Fresh or frozen Strawberries, Splash of Sour mix. Dash of Grenadine
Blend with ice until smooth. Garnish with a Flag.

**What? Me Worry?**
Glass of Non-Alcoholic Beer, Splash of Tomato juice or Bloody Mary mix
Combine in Mug. Garnish with a lime wedge.
New Year’s Survival Kit

“Ring out the Old…Weigh in the Same”

Whether you’re going to a party or hosting a New Year’s Eve Party, there are lots of ways to “PARTY” while staying in control of both alcohol and food. Then, once the new year is here and you’ve made those “Resolutions” (again!) find out how to turn them into realities for a Happy and Healthier New You!

NUTRITION GOALS FOR THE NEW YEAR

The American Dietetic Association recommends the following 10 tips for healthy eating

Experts agree the key to healthy eating is the time-tested advice of balance, variety and moderation. In short, that means eating a wide variety of foods without getting too many calories or too much of any one nutrient. These 10 tips can help you follow that advice while still enjoying the foods you eat.

1. Eat a variety of nutrient-rich foods. You need more than 40 different nutrients for good health, and no single food supplies them all. Your daily food selection should include bread and other whole-grain products; fruits; vegetables; dairy products; and meat, poultry, fish and other protein foods. How much you should eat depends on your calorie needs. Use the Food Guide Pyramid and the Nutrition Facts panel on food labels as handy references.

2. Enjoy plenty of whole grains, fruits and vegetables. Surveys show most Americans don't eat enough of these foods. Do you eat 6-11 servings from the bread, rice, cereal and pasta group, 3 of which should be whole grains? Do you eat 2-4 servings of fruit and 3-5 servings of vegetables? If you don't enjoy some of these at first, give them another chance. Look through cookbooks for tasty ways to prepare unfamiliar foods.

3. Maintain a healthy weight. The weight that's right for you depends on many factors including your sex, height, age and heredity. Excess body fat increases your chances for high blood pressure, heart disease, stroke, diabetes, some types of cancer and other illnesses. But being too thin can increase your risk for osteoporosis, menstrual irregularities and other health problems. If you're constantly losing and regaining weight, a registered dietitian can help you develop sensible eating habits for successful weight management. Regular exercise is also important to maintaining a healthy weight.

4. Eat moderate portions. If you keep portion sizes reasonable, it's easier to eat the foods you want and stay healthy. Did you know the recommended serving of cooked meat is 3 ounces, similar in size to a deck of playing cards? A medium piece of fruit is 1 serving and a cup of pasta equals 2
servings. A pint of ice cream contains 4 servings. Refer to the Food Guide Pyramid for information on recommended serving sizes.

5. **Eat regular meals.** Skipping meals can lead to out-of-control hunger, often resulting in overeating. When you're very hungry, it's also tempting to forget about good nutrition. Snacking between meals can help curb hunger, but don't eat so much that your snack becomes an entire meal.

6. **Reduce, don't eliminate certain foods.** Most people eat for pleasure as well as nutrition. If your favorite foods are high in fat, salt or sugar, the key is moderating how much of these foods you eat and how often you eat them.

Identify major sources of these ingredients in your diet and make changes, if necessary. Adults who eat high-fat meats or whole-milk dairy products at every meal are probably eating too much fat. Use the Nutrition Facts panel on the food label to help balance your choices.

Choosing skim or low-fat dairy products and lean cuts of meat such as flank steak and beef round can reduce fat intake significantly.

However, if you love fried chicken you don't have to give it up. Just eat it less often. When dining out, share it with a friend, ask for a take-home bag or a smaller portion.

7. **Balance your food choices over time.** Not every food has to be "perfect." When eating a food high in fat, salt or sugar, select other foods that are low in these ingredients. If you miss out on any food group one day, make up for it the next. Your food choices over several days should fit together into a healthy pattern.

8. **Know your diet pitfalls.** To improve your eating habits, you first have to know what's wrong with them. Write down everything you eat for three days. Then check your list according to the rest of these tips. Do you add a lot of butter, creamy sauces or salad dressings? Rather than eliminating these foods, just cut back your portions. Are you getting enough fruits and vegetables? If not, you may be missing out on vital nutrients.

9. **Make changes gradually.** Just as there are no "super foods" or easy answers to a healthy diet, don't expect to totally revamp your eating habits overnight. Changing too much, too fast can get in the way of success. Begin to remedy excesses or deficiencies with modest changes that can add up to positive, lifelong eating habits. For instance, if you don't like the taste of skim milk, try low-fat. Eventually you may find you like skim, too.

10. **Remember, foods are not good or bad.** Select foods based on your total eating patterns, not whether any individual food is "good" or "bad." Don't feel guilty if you love foods such as apple pie, potato chips, candy bars or ice cream. Eat them in moderation, and choose other foods to provide the balance and variety that are vital to good health.
Is Your New Year’s Resolution to Get Fit?

You Really Can Make Getting Fit A Reality

A recent study showed that exercising with a family member increases your chances for achieving your goals by over eighty percent. Plus, at the same time you’re getting to spend time and develop common interests. Even though you may be out of the fitness spirit right now, with these tips you can get back your desire to exercise!

Give Your Family a Boost

Maybe you have trouble remembering to work out. Put motivational notes for yourself around where you will see them. Are you trying to get in shape so you can fit into your favorite outfit? As a motivation to keep going, hang up a picture of that outfit so you can be reminded of your goal.

“Go Daddy!”

Let your family know that you are striving to get in better shape. Ask your friends to help you celebrate when you have reached a fitness goal. Doing so will give you an incentive to stick with your program. You may even know of a friend or co-worker who is also wanting to work out. Invite them to join you. You could walk during your lunch breaks or go to aerobics classes together after work.

Lose Bad Habits

As you exercise, you will begin to feel more pleased with yourself. When you experience success in one part of your life, you will feel more confident in other areas. Now is a good time to think about taking charge of your smoking habit.

You Can

Don’t get discouraged if you miss a work-out session. At times, everyone does. The important thing is not having a perfect record, but getting back on track again when you miss a workout. Just because you missed one session does not mean you can’t make up for it. Double up the following week or stay a little longer the next time you work out. Perfection is not necessary, but commitment is. These tips can assist you in your goal to get and stay healthy. Help yourself be a success with exercise.
Weigh To Go!
Post Participant Survey

Worksite Name:_________________________ Worksite ID Number:_______________

This will be used as an identifier for data collection so your information will be protected.

Date of Birth: ___/___/____ (ex. 02/02/70) Last 4 digits of Social Security # __ __ __ __

Sex: ☐ Male ☐ Female Weight: _______ pounds Height: __ft __in

Age: ☐ 18 – 24 years ☐ 35 – 44 years ☐ 55 – 64 years
☐ 25 – 34 years ☐ 45 – 54 years ☐ 65 and older

1. How many times per week did you engage in some type of exercise activity? (Check one)
   ☐ Never ☐ 1-2 times ☐ 3 or more times

2. Did Weigh to Go assist you in maintaining your weight?
   ☐ Yes ☐ No

   Did you pay more attention to your diet and weight during the holiday season while participating in Weigh to Go?
   ☐ Yes ☐ No ☐ Not sure

4. Did you lose any weight while participating in Weigh To Go?
   ☐ Yes ☐ No

5. Do you feel Weigh to Go helped you improve your holiday eating habits?
   ☐ Yes ☐ No

6. How often did you eat snack foods between meals while participating in Weigh To Go?
   ☐ Seldom or never ☐ Few times per week ☐ Once or twice per day ☐ Three or more times per day

Thank You for participating!