

WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

December 2018

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

It isn't too late to join the 2018 Holiday Challenge!

This holiday season, the only thing that should be "stuffed" is the turkey. Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds.

You are invited to join the 12th annual *Eat Smart, Move More, Maintain, don't gain! Holiday Challenge*. Rather than focusing on trying to lose weight, this **FREE** seven-week challenge provides you with strategies and resources to help *maintain* your weight throughout the holiday season. Sign up anytime!
<https://esmmweighless.com/holiday-challenge-live/>

- Weekly Newsletters
- Daily Tips
 - Survive a holiday party
 - Host a healthy Thanksgiving
 - Manage holiday stress
- Weekly Challenges
- Healthy holiday recipes
- Prizes and weekly winners
- Support through social media
 - Share progress in private [Facebook Community](#)
 - Recipes on [Pinterest](#)
 - Tips and updates on [Twitter](#) and [Instagram](#)
- Support group on [MyFitnessPal.com](#)
- A free virtual walking race for a little friendly competition and to boost motivation.

New for 2018: The virtual race will be held in **ROME!**



December Recipe

Roasted Cauliflower, Squash and Cranberry Salad

Enjoy this salad as a side dish at your holiday meal or, as a healthy "entrée salad" during the holiday season to decrease your calorie intake

Ingredients:

- 5 cups cauliflower florets (about 1¼ pounds)
- 5 cups cubed butternut squash (about 1¼ pounds)
- 6 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- 1 cup cranberries, fresh/frozen – thawed
- 4 eggs, raw
- ¼ cup white-wine vinegar
- 2 tablespoons minced shallot
- 1 teaspoon Dijon mustard
- 1 clove garlic, grated
- ⅓ cup toasted chopped pecans
- ¼ cup crumbled blue cheese (optional)
- 8 cups torn escarole/romaine lettuce
- 2 cups arugula



Preparation

1. Preheat oven to 425°F. Coat a large rimmed baking sheet with cooking spray.
2. Toss cauliflower and squash with (1) tablespoon oil and ¼ teaspoon each salt and pepper in a large bowl. Arrange in a single layer on the prepared baking sheet. Roast, stirring once or twice, until almost tender, about 18 to 22 minutes. Add cranberries and roast until they start to burst, about 5 minutes more.
3. Meanwhile, place eggs in a medium saucepan and cover with cold water. Bring to a boil over high heat. Remove from heat, cover and let stand for 5 minutes for medium-soft yolks or 6 minutes for medium-firm. Drain and cover with ice water. When cool, peel and cut in quarters.
4. Whisk vinegar, shallot, mustard and garlic with the remaining 5 tablespoons oil and ½ teaspoon each salt and pepper in the bowl.
5. Drizzle ⅓ cup of the dressing over the roasted vegetables and stir gently until evenly coated. Add escarole/romaine lettuce and arugula to the bowl and toss to coat with the dressing; add the roasted vegetables and toss to combine. Serve the salad topped with the eggs, pecans and blue cheese.

Makes 4 servings

1 serving = 3 cups of salad – contains 502 calories, 36 g fat(7 g sat); 11 g fiber; 37 g carbohydrates; 15 g protein; 296 mcg folate; 192 mg cholesterol; 9 g sugars; 0 g added sugars; 699 mg sodium

Source: Eating Well

Managing Holiday Stress

What is holiday stress?

In Great Britain, the word "holiday" has the same meaning as vacation. Many Americans would find this comparison laughable. For most of us, the holidays come with our own "to-do" lists.



Too often we take holiday stress for granted. What's worse, we often have higher expectations for this season than for any other time of the year. Planning for the holidays can leave us feeling impatient, cranky, and — in some cases — depressed. When the realities of day-to-day life conflict with our efforts to make the holiday season perfect, stress results.

What are the holiday blues?

For some of us, the holidays can be a depressing time when we get the holiday blues. Feelings of sadness, loneliness, and anger can intensify when contrasted with the joy expected of the holidays.

Factors that can contribute to holiday depression include:

- Associating the holidays with unresolved family issues or a painful childhood.
- Ignoring feelings of sadness, loneliness, or depression in an effort to maintain "holiday cheer."
- Facing the loss of a loved one with whom you have shared the holidays.
- Having unrealistic expectations of family and friends.
- Having an expectation that you "should" feel good.
- Being away from family and friends.
- Feeling isolated from others.
- Reflecting on losses or disappointments over the past year.
- Coping with changes in family obligations, particularly after a recent marriage or divorce.
- Drinking more alcohol, which is often more readily available during the holidays. (Avoid drinking alcohol to ward off negative feelings. Alcohol often will make depression worse.)

How do I cope with the holiday blues?

- Try something new. Take a vacation with a family member or friend.
- Spend time with people who care about you.
- Volunteer your time to help others. Spending time with those in need can help you feel less isolated.
- If you are religious, take time to reflect on the spiritual significance of the holidays.
- Try to appreciate the good things you have now instead of focusing on the past.
- Stay active. Get out. Go for a walk. Window shop.
- Accept feelings of sadness or loneliness. These feelings might not go away just because it's the holidays.
- Get help if you need it. Don't be embarrassed to ask for help any time of the year.

Source: Cleveland Clinic

Twelve Days of Family Physical Activity

On the first day of the winter holiday break, my family and I went outside to play in the snow.

On the second day of the winter holiday break, my family and I built an obstacle course in our house.

On the third day of the winter holiday break, my family and I went skating at the local ice rink.

On the fourth day of the winter holiday break, my family and I had a dance off to crazy music.

On the fifth day of the winter holiday break, my family and I went swimming at the community pool.

On the sixth day of the winter holiday break, my family and I played hopscotch in our kitchen.

On the seventh day of the winter holiday break, my family and I learned to rock climb at the gym.

On the eighth day of the winter holiday break, my family and I played "Simon/Simona" says".

On the ninth day of the winter holiday break, my family and I visited a bowling alley.

On the tenth day of the winter holiday break, my family and I played basketball and soccer inside.

On the eleventh day of the winter holiday break, my family and I went to the local gymnastics club.

On the twelfth day of the winter holiday break, my family and I played table tennis for the first time.

Source: ActiveForLife.com

