

DECK THE HALLS WITH 8 HEALTHY CHOICES

By Kyle Golden

The holiday season is here! This means many of us will be invited to parties, dinners, happy hours and other gatherings all of which will be a great opportunity to healthily eat and drink. We could only wish! The fact is most parties we attend will have plenty of guilty pleasure foods ranging from cookies and pies to cheesy casseroles and buttery breads. At this time of year it is easy to forget about calories. Everyone is eating, drinking, and having a good time, so why shouldn't you?

Chances are you will also be given a little-or a lot-of grief for not having at least a taste of everything. You will more than likely not have control over the food served, but you can make wise decisions. With a little planning you can save yourself from the pounds you could pack on over the holidays. Here are a few tips:

- 1. IF YOU HAVE CONTROL OVER THE MENU, MAKE HOLIDAY DINNERS SENSIBLE.** Don't feel the need to make every dish normally considered part of a holiday meal. More than likely your guests will be pleased to not feel obligated to stuff themselves with a huge meal.
- 2. WHEN MAKING SIDE DISHES, STEAM INSTEAD OF SAUTÉING.** Limit the amount of cream and cheese you use. Choose one guilty pleasure dish everyone likes and make that your only decadent choice.
- 3. BEFORE YOU HEAD TO A PARTY EAT A SMALL, HEALTHY MEAL AT HOME.** This way you are not tempted to make your



entire dinner out of party food which is usually loaded with unhealthy fats, sugar and other simple carbs. Limit yourself to one or two small selections at the party.

- 4. THE HOLIDAYS ARE ALSO A TIME TO MAKE MERRY WITH BEVERAGES. START WITH WATER AND MAKE EVERY OTHER DRINK WATER.** You will save yourself the calories and possibly the embarrassment of being the tipsy one at the company dinner everyone talks about in the break room the following week.
- 5. IF YOU HAVE MULTIPLE PARTIES TO GO TO IN ONE EVENING, ARRIVE AFTER THE MEAL IS COMPLETE.** You will be less likely to get a guilt trip for not eating. Of course, make sure the host knows you will be arriving later to the party if dinner is served as a seated meal.

- 6. DON'T STOP BURNING THOSE CALORIES!** Make sure to find time to keep up with your exercise routine. Try to get at least 30 - 45 minutes of cardio along with 2 - 3 resistance workouts in each week.
- 7. WHEN YOU ARE NOT AT A PARTY OR EVENT, MAINTAIN YOUR USUAL HEALTHY EATING HABITS.** It is tempting to throw those healthy habits out the window this time of year. Try your best to stick to your regular, healthy diet and exercise routine.
- 8. MOST OF ALL ENJOY YOURSELF AND DON'T STRESS TOO MUCH ABOUT IT.** Go ahead, live a little! Certainly do not drive yourself crazy thinking about the calories in grandma's pumpkin pie or cheesecake. Make sensible decisions and do not overindulge.

Wishing you healthy holidays!

TECHNOLOGY AND FITNESS

By Kyle Golden

Technology and fitness have always gone together. The modern fitness machines we are familiar with today can be traced back to contraptions invented in the mid 1800s by Gustav Zander, a Swedish physician. Technology has never played a bigger part in fitness than it does today. With the help of the internet, wi-fi, Bluetooth and smartphones, we have so many tools to help us be fit. Here are just a few gadgets that will assist you in getting and staying healthy.

NIKE FUEL BAND

The Nike FuelBand is a wristband you wear that tracks a number of daily fitness activities via an accelerometer. Simply set your goals, put it on and start your day. It encourages you through an integrated LED screen on the band itself and talks to your smartphone or computer by Bluetooth. You can use a smartphone app or the Nike software to view, track and share your progress. It is available online or at many retailers.

FITBIT ULTRA

The FitBit Ultra is a clip-on device that does most of what the Nike FuelBand does with the added feature of tracking your sleep. At night you simply tell the clip you are going to bed, and wear it on a special band. It tracks data through the night and after

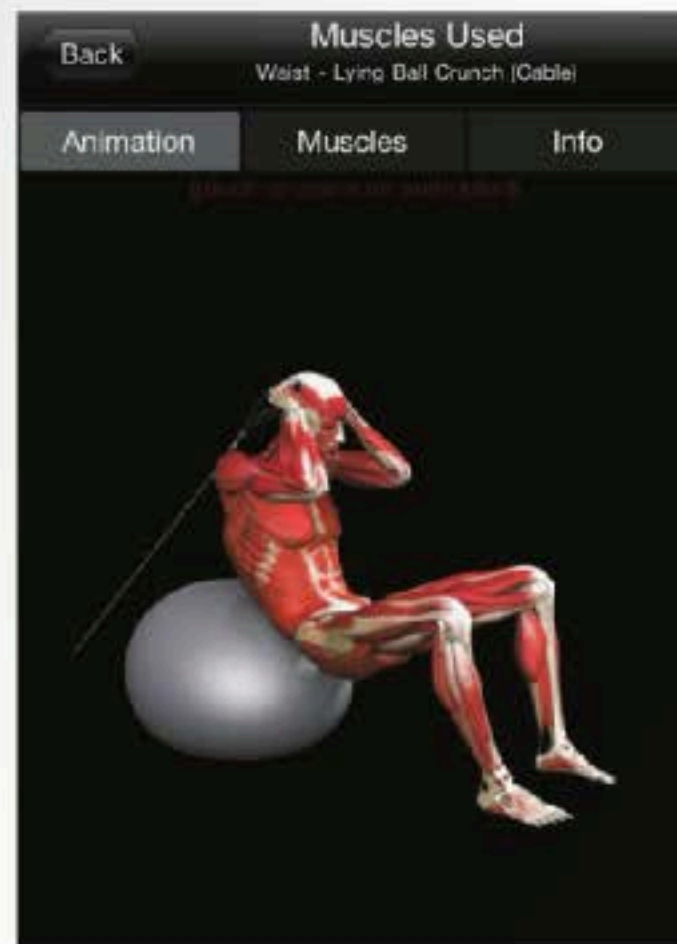
transmitting the data wirelessly to your smartphone, you can see how well you've slept. The goal is not only to help you be more active but also to help you get a more restful sleep as you learn your habits. It is available online at amazon.com.

IMUSCLE SMARTPHONE APP

The gym can be a daunting place. Knowing which exercise to do with what machine or piece of equipment can be tricky. There are many smartphone applications on the market that can help you do this, but one in particular stands out for me - iMuscle. After creating your workout it will display video of the exercises so that you can then replicate them in the gym. It shows you which main muscle groups are targeted for the selected exercise, as well as, deeper muscles that assist during that exercise. The application is available for download from the Apple app store on your iPhone or iPad.

MYFITNESSPAL.COM

Myfitnesspal.com is a standout amongst the many diet and fitness websites. The website helps to create any number of goals; design workout routines and diet plans; track your daily exercise and diet; and ultimately share this with others in community groups you chose to help encourage you to reach your goals. The site has many other features



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like recipe assistance and advanced progress tracking and reporting. You can setup an account at myfitnesspal.com. There are also iPhone, iPad, Android and Blackberry applications available, and it's all free to the user.

The tech tools I've reviewed here are just four of the many thousands of options available to help us in our endless pursuit of staying in shape. Ultimately, it is up to you, the

user, to decide what best helps you stay on track.

In the future, we can look forward to more interactive gyms, in-store equipment to help us make better food selections in the grocery store, and better wireless and tracking technology. However, no technology will be able to replace the fact we all need to find the time, have the determination and actually do the work to make ourselves more fit and healthy overall.