

November 2016

# Asset HealthTalk

Keeping your health and wellbeing in the know

## HAVE A HEALTHY, HAPPY THANKSGIVING WITHOUT TIPPING THE SCALE

Thanksgiving is a holiday known for its unhealthy traditions – overindulging and generally sedentary celebrations. But what's most important is spending time with loved ones. If you've recently started a workout regimen, lost weight, or just want to make an effort to improve your overall wellbeing, try the following tips to make this Thanksgiving your healthiest, happiest one yet.

**3 CELEBRATE WITH CONVERSATION.** Thanksgiving often means you'll be with friends and family who you might not see often. Instead of focusing on the hors d'oeuvres before dinner, turn your attention to the entire celebration – the once-a-year sights, sounds and people. See if you can point out a few new experiences that you are grateful for in that moment.



**4 PORTION OUT YOUR PLATE.** Don't skip the foods you love and only eat once a year. Instead, allow yourself a small, golf-ball-sized helping of everything you want to try – enough to fulfill your appetite without overindulging.

**5 EAT MINDFULLY.** One way to prevent overeating is to put your fork down between bites so you eat slowly and savor everything you taste. Listen to your body; enjoy the moment; be present and breathe. Remember that it takes several minutes for your body to know it is full, so stop eating before you feel like a stuffed turkey.

**6 BE WARY OF ALCOHOL.** Those pre-dinner drinks contain calories that add up quickly. Experts suggest enjoying sparkling mineral water as opposed to booze, so you stay hydrated and limit extra calories. But if you're going to drink, be mindful of what you're putting into your body.

**7 VOLUNTEER TO HELP CLEAN UP.** Your host will certainly appreciate the kind gesture, but your body will, too. Removing yourself from the table will help take the attention away from the food and prevent a second (or third) helping of pumpkin pie – and the movement will help burn off extra calories.

**8 BE ACTIVE TOGETHER.** Plan a game before or after dinner, such as football or soccer. Create teams and invite everybody to join in for some friendly competition. Or, invite your loved ones to take a brisk walk together between dinner and dessert to help burn calories and aid in digestion.



**9 PLAN A POST-HOLIDAY WORKOUT.** Get back on track the next day by returning to your normal workout regimen. Remember, Thanksgiving is only one day and there's no need to overcompensate with a ton of strenuous exercise.

"5 Ways to Have a Healthier Thanksgiving," Tina Hauptert, health.com, Nov. 24, 2010.

"10 Tips for a Thinner Thanksgiving," Kathleen M. Zelman, MPH, RD, LD, webmd.com, Nov. 17, 2008.



**1 START YOUR DAY WITH SWEAT.**

Get your heart pumping and create a calorie deficit by burning off extra calories first thing in the morning. Exercise can help you de-stress so you can be your most relaxed self throughout the day's festivities.

**2 EAT BREAKFAST.** Even if you want to save room for the big feast, eat a light breakfast so you don't overindulge later. Try an egg-white omelet with spinach or a tofu scramble.





## MAPLE CRANBERRY WILD RICE

**Serves: 8**

Here's a vegan side dish that's a great addition to any holiday table. It's healthy, colorful and easy to make!

### INGREDIENTS

- 1 cup wild rice, rinsed and drained
- 1 cup short-grain brown rice, rinsed and drained
- 1 pound butternut squash – peeled, seeded and diced
- 7 tablespoons extra virgin olive oil, plus extra for tossing
- ¾ teaspoon dried thyme
- ¼ yellow onion, chopped
- ½ cup apple cider vinegar
- ¼ cup maple syrup
- 1 cup dried cranberries
- ½ cup toasted pecans, chopped
- ¼ cup fresh parsley, chopped
- 1 orange, zest cut into long thin strips
- ½ lemon, zest cut into long thin strips
- Salt and pepper to taste

### PREPARATION

1. Combine wild rice, 3 cups of water and a pinch of salt in a saucepan. Bring to a boil, then reduce to a simmer. Cover and cook for 45 to 70 minutes, just until kernels puff open. Let rest for a few minutes and then fluff with a fork.
2. Combine short-grain brown rice, 2 cups water and a pinch of salt in a separate saucepan. Bring to a boil, then reduce to a simmer. Cook, covered, for 45 to 50 minutes. Let it rest for a few minutes and then fluff with a fork.
3. Preheat oven to 425 F.
4. Toss squash with oil, thyme and black pepper. Roast on a baking sheet until lightly browned (about 30 minutes), stirring occasionally. Cool.
5. Pulse onions in a food processor until smooth. Add vinegar, maple syrup, white pepper and salt. With the food processor still running, slowly add oil to emulsify.
6. Toss rice with squash, dressing, cranberries, pecans, parsley and citrus zest.



(Adapted from pccnaturalmarkets.com)

## Why Sitting Is Dangerous for Our Health and What We Can Do About It



Did you know that Americans sit for an average of six to eight hours a day? What's more alarming is that a number of studies have found that prolonged sitting is linked to all sorts of complications that threaten our overall health and wellbeing, according to a science advisory published in the AHA journal *Circulation*.

Unfortunately, researchers have also found that exercise isn't the save-all when it comes to balancing out the hours we spend sitting. Even those who sit frequently but also exercise often are still at a higher risk for health complications, such as diabetes or heart disease.

So what are we supposed to do about this? Sit less, instead of just exercising more. That seems to be the most beneficial remedy at the moment in getting people to change their behavior, as concluded by the team of experts who wrote the review.

See if you can intentionally disrupt the amount of time you sit by popping up and stretching or walking a little every 30 minutes.

### Here are some additional ideas to try:

- Sit on something wobbly, such as an exercise ball or even a backless stool. This will force your core muscles to work. Make sure to sit up straight and keep your feet flat on the floor in front of you so they support about a quarter of your weight.
- Walk after lunch. Walking post-meal is great for digestion and spurs your metabolism – two great excuses to get moving.
- Alternate between sitting and standing at your work station. If you can't do that, stand up every half hour or so to walk. This can be an opportune time to refill your water bottle.
- Try different yoga poses to improve extension and flexion in your back.