

Article for NOVEMBER

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With fall upon us, and winter just around the corner, almost everyone is faced with new unique challenges. Halloween candy marks the beginning of the “Eating Holidays” which will run straight into 2013!!

Since the weather is cooling off and daylight hours are limited for outdoor activities, care must be taken to avoid weight gain. Many high fat “comfort foods” are in abundance this time of year, but with these tips you can be aware and prepared for them!

Football favorites are usually chips, nachos, hot dogs, pizza, wings, ribs, and beer. If you’re a sports fan, you may be on the couch for hours, and mindlessly eating these foods if they are available. Try serving veggies with low fat dressings. If you have a stationary bike, ride that while watching the game!

Heavy fall soups are loaded with calories. Be especially careful if they are served in a “bread bowl”. Try to stick with broth and vegetable based soups. They will keep you warm, full, and healthy.

Seasonal beverages may be a surprising amount of calories. Egg nog, apple cider, flavored lattes, and pumpkin beers pack in many more calories than a simple homemade hot chocolate. Try for a hot green tea, which is calorie free and loaded with anti-oxidants. If consuming alcohol, opt for a light beer, and limit yourself to one or two. Intoxication usually leads to the salty or high fat foods!

Did you know? – An apple with a thin layer of caramel and covered in nuts can total 500 or more calories??

All about moderation – Just 100 extra calories per day could pack on 10 pounds a year! The healthiest strategy is to prevent the weight gain all together! Enjoy comfort foods and leftovers, but do so in moderation, and keep your activity levels up even in the chilly weather. Keep an eye on portion sizes, limit alcohol, keep candy bowls out of easy reach, and stay active!

**HAVE A HAPPY AND HEALTHY HOLIDAY WITH FRIENDS AND FAMILY!**

-The Hunterdon Health & Wellness Center Staff