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HAPPY HOLIDAYS



LiveWell Fitness

TO ASSIST INDIVIDUALS WITH HEALTH CARE CONCERNS TO ACHIEVE OPTIMAL HEALTH THROUGH A PERSONALIZED FITNESS REGIMEN



Tips for Surviving the Cold Season

Sneezing, coughing, aches, pains and being tired. It's that time of year. Yes, it's the cold season! Here are 12 remedies you can do right now, at home to feel better now.

Cold Remedy 1: Drink plenty of fluids. Drinking water or juice will prevent dehydration and keep your throat moist. Make sure to avoid cola, coffee, and other drinks with caffeine because it acts like a diuretic and may dehydrate you more.

Cold Remedy 2: Inhale steam to ease your congestion and drippy nose. Hold your head over a pot of boiling water or take a hot shower with the door closed. A room humidifier could also help ease congestion.

Cold Remedy 3: Blow your nose often, but do it the proper way. It's important to blow your nose regularly when you have cold rather than sniffing mucus back into your head.

Cold Remedy 4: Use saline nasal spray or make your own salt water rinse to irrigate your nose. Salt-water rinsing helps break nasal congestion while also removing virus particles and bacteria from your nose.

Cold Remedy 5: Stay warm and rested. This battle taxes the body. So give it a little help by lying down under a blanket to stay warm if necessary.

Cold Remedy 6: Gargle with warm salt water. Gargling can moisten a sore or scratchy throat and bring temporary relief.

Cold Remedy 7: Drink hot liquids. Hot liquids relieve nasal congestion, prevent dehydration, and soothe the uncomfortably inflamed membranes that line your nose and throat.

Cold Remedy 8: Take a steamy shower. Steamy showers moisturize your

nasal passages and relax you. If you're dizzy, run a steamy shower while you're on a chair.

Cold Remedy 9: Try a small dab of mentholated salve under your nose to help open breathing passages and help restore the irritated skin. Menthol, eucalyptus, and camphor all have mild numbing ingredients that may help relieve the pain of a nose rubbed raw.

Cold Remedy 10: Apply hot packs around your congested sinuses.

Cold Remedy 11: Sleep with an extra pillow under your head. This will help relieve congested nasal passages.

Cold Remedy 12: Learn about natural remedies like zinc, Echinacea, and vitamin C. Zinc and vitamin C could help fight off a cold more quickly. Research shows that these supplements will not prevent colds.

10 Ways to Keep Yourself Active During the Holiday Season

10. Plan your workouts in advance
9. Park your vehicle as far as away from the entrance
8. Remember to mall walk while you shop
7. Take the stairs even though elevators and escalators would be a treat
6. Combine exercise and T.V. by adding sit-ups and push-ups during your commercial breaks or pop in an exercise DVD
5. Enjoy the outdoors by going sledding, ice skating, or going for a hike
4. Spend more time with friends by going on a walk
3. Spice up Family game night; add activities that get you and your family up and off your feet like playing twister, Wii, or Xbox Kinect
2. Give yourself permission to have a cheat day
1. Remember Christmas is a time of giving, so treat yourself by signing up for a new yoga or zumba class or getting a gym membership!

Chicken Breasts with Mushroom Cream Sauce for 2!

- 2 5-ounce skinless chicken breast, trimmed
- ½ tsp freshly ground pepper
- ¼ tsp salt
- 1 Tbsp canola oil
- 1 medium shallot, minced
- 1 cup thinly sliced shiitake mushroom caps
- 2 Tbsp dry vermouth or dry white wine
- ¼ cup reduced-sodium chicken broth
- 2 Tbsp heavy cream
- 2Tbsp minced fresh chives, or scallion greens



1. Season chicken with pepper and salt on both sides
2. Heat oil in a medium skillet over medium heat. Add chicken and cook, turning once or twice and adjusting the heat to prevent burning, until brown and an instant-read thermometer inserted into the thickest part registers 165 F, 12 to 16 minutes. Transfer to plate and tent with foil to keep warm.
3. Add shallot to the pan and cook, stirring, until fragrant, about 30 seconds. Add mushrooms; cook, stirring occasionally, until tender, about 2 minutes. Pour in vermouth; simmer until almost evaporated, scraping up browned bits, about 1 minute. Pour in broth and cook until reduced by half, 1 to 2 minutes. Stir in cream and chives; return to simmer. Return the chicken to the pan, turn to coat with sauce and cook until heated through, about 1 minute.



Happy Birthday



December

Colleen F
Londa F
Eleanor F
Nikki G
Joy K
Nina P
Johnna S

January

Rita B
Michelle C
Tammie H
Sharon L
Annette M
Patti P
Colleen S

February

Patti F
Jane G
Leo K
Loni M
Rick N
Virginia N

25 Super Snacks with 100 Calories or Less

- | | |
|--|--------------|
| 1. ½ Cup Slow-Churned Ice Cream | 100 Calories |
| 2. 6 Cups Microwave Popcorn | 100 Calories |
| 3. Mini Quesadilla | 100 Calories |
| 4. ½ Cup Cottage Cheese & Small Wedge Cantaloupe | 100 Calories |
| 5. 3 Crackers with Cheese | 98 Calories |
| 6. 14 Almonds | 98 Calories |
| 7. 6 Whole-Grain Pretzel Sticks | 96 Calories |
| 8. Baked Apple | 95 Calories |
| 9. Cheese Stuffed Pita Pocket | 94 Calories |
| 10. Blueberry Smoothies (1/3 c non-fat yogurt & 2/3 c blueberries) | 93 calories |
| 11. 1/3 Cup Edamame | 92 Calories |
| 12. ¾ Cup Frozen Mango Cubes | 90 Calories |
| 13. 8 Baby Carrots with 2 Tablespoons of Hummus | 90 Calories |
| 14. ¾ Cup Apple Slices with 2 Teaspoons of Peanut Butter | 90 Calories |
| 15. ½ Cup of Non-fat Yogurt with Sunflower Seeds | 88 Calories |
| 16. ½ Cup of Non-fat Yogurt with 1 Teaspoon Honey | 84 Calories |
| 17. Half a Baked Potato with Salsa | 84 Calories |
| 18. 2 Tbsp Frozen Yogurt between Graham Cracker Squares | 84 Calories |
| 19. 20 Pistachios | 80 Calories |
| 20. Frozen Banana Pop with Yogurt | 79 Calories |
| 21. 1 Cup Tomato Soup | 74 Calories |
| 22. 1/3 Cup Dry Oat Squares Cereal | 70 Calories |
| 23. 1 Cup Grapes | 62 Calories |
| 24. Smoked Salmon Pinwheels | 55 Calories |
| 25. 1 Cup Jicama Sticks with Salsa | 54 Calories |

Winter Activities that burn Calories

- | | |
|----------------------|-----------------------|
| Snow Shoeing | 510 Calories per Hour |
| Cross-Country Skiing | 510 Calories per Hour |
| Broomball | 470 Calories per Hour |
| Sledding | 455 Calories per Hour |
| Ice Skating | 450 Calories per Hour |
| Hiking | 445 Calories per Hour |
| Snow Boarding | 390 Calories per Hour |
| Downhill Skiing | 385 Calories per Hour |
| Shoveling | 380 Calories per Hour |
| Ice Hockey | 380 Calories per Hour |

