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QUARTERLY NEWSLETTER
FROM THE SOUTH
DAKOTA DEPARTMENT
OF HEALTH OFFICE OF
CHRONIC DISEASE
PREVENTION AND
HEALTH PROMOTION



LIVING HEALTHY WORKS.
GOOD & HEALTHY SOUTH DAKOTA WORKPLACES

ENJOY THE HOLIDAYS Without the Weight Gain!

On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. With just a few strategies, you can avoid holiday weight gain while still enjoying friends, family and the holiday feast!

- Do not skip meals throughout the day. This can result in overeating later.
- Eat breakfast, as research shows that those who eat a morning meal tend to consume fewer calories throughout the day.
- Include fruits, vegetables and whole grains in your meals as they are high-fiber foods and will satisfy hunger and are lower in calories.
- Enjoy in moderation.



There are many strategies to help you avoid overeating.

- Use a smaller plate.
- Start by filling your plate with vegetables and salad before going to the entrees and desserts. Research shows eating a salad before your meal can help you eat fewer calories overall.
- Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really are still hungry.

Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan—one that can also include dessert!

Source: Eat Right; Academy of Nutrition and Dietetics

HOLIDAY RECIPE



Mini Pumpkin Tarts

No one will ever know this simple dessert is diabetes-friendly! Plan ahead with a healthier holiday treat!

Ingredients

30 Mini-Nilla wafer cookies	8 ounces light cream cheese, softened
1/4 cup light sour cream	1/4 cup Splenda Sugar blend
1 egg	1/2 teaspoon vanilla
3/4 cup canned pure pumpkin	1/2 teaspoon cinnamon
Pinch nutmeg	

Instructions

Preheat oven to 350 degrees. Line mini-muffin pan with paper baking cups and place one Nilla wafer in the bottom of each cup. In medium bowl, add remaining ingredients and mix with an electric mixture until smooth. Fill each muffin cup with pumpkin-cream cheese mixture. Place muffin pan in oven and bake for 30 minutes or until done. Serve cool.

MAKE IT GLUTEN-FREE: If you need this recipe to be gluten-free, use gluten-free animal crackers (break them to fit into muffin tin) in place of Nilla wafers. Confirm all other ingredients are gluten-free and this recipe can be made gluten-free.



Nutrition Facts Serving Size: 1 tart - This recipe makes 30.

Calories 40	Carbohydrate 4 g	Protein 1 g
Fat 2.5 g	Saturated Fat 1.2 g	Sugar 3 g
Dietary Fiber 0 g	Cholesterol 15 mg	Sodium 40 mg
Potassium 30 mg		

Source: American Diabetes Association

Five Ways to Enjoy 10 Minutes of Holiday Fitness Fun

1. Take a brisk 10-minute walk.
2. Play a child's favorite active game for 10 minutes.
3. Dance for 10 minutes to your favorite holiday tunes.
4. Walk for 10 minutes between stores when shopping.
5. Take a 10 minute stretch break at home or work.

Source: Adapted from Eat Right Montana

Being Active Helps Relieve Holiday Stress

3.

Physical activity is even more important during the holidays than other times of the year. Being active helps relieve holiday stress. It also helps balance out the usual increase in holiday calories. To maintain fitness levels and emotional well-being, enjoy at least three 10-minute activity breaks a day—preferably with family or friends. A few easy ways to have your holiday fun and reduce stress:

- **Eat well:** Family meals and nutrient-rich foods are even more important at this time of year. Enjoy simple meals, like steaming soup with salad and rolls, together as often as possible. Take time to establish new family traditions, like making bread from scratch.
- **Play well:** Being active together creates special memories and improves moods at the same time. Holiday fitness fun is as easy as a family game of Twister® or a stroll around the neighborhood (perhaps to sing some holiday songs or carols for friends).
- **Sleep well:** Most adults do best with 7 to 8 hours sleep a night, while young children need significantly more. Develop family routines that promote healthy sleep habits, like reading holiday stories or listening to calming music together before bedtime.

Source: Adapted from Eat Right Montana

Breaking Down Barriers to Fitness



Common barriers and solutions:

Barrier: Lack of time.

Solutions: Monitor activities for one week and identify at least three, 30 minute slots you could use for physical activity. Select activities that fit into your home or work routine so time is not wasted on transportation. Walk in your neighborhood, climb stairs at your office or exercise while you watch TV.

Barrier: Friends and family don't share interest in physical activity.

Solutions: Explain your fitness and/or health improvement goals to friends and family and ask for support. Invite them to participate in physical activity. Join a local YMCA or walking club to find people with similar goals to offer support.

Barrier: Lack of motivation and/or energy.

Solutions: Plan ahead. Schedule physical activity for specific times/days and "check" it off your list or calendar each time you complete it. Determine what time you feel more energetic and try to fit activity into that time frame. Join an exercise group or class that keeps you accountable.

Barrier: Lack of resources/equipment.

Solutions: Select activities that require minimal facilities or equipment. Identify inexpensive, convenient resources in your community, such as parks and recreation programs, worksite wellness groups, walking clubs, etc.

Barrier: Family care-giving obligations.

Solutions: Exercise with your kids. Spend time together, occupy the kids and ensure they're getting the daily physical activity they need to stay healthy. If you have a specific class you like to attend, try alternating babysitting time with a neighbor.

Barrier: Frequent work or leisure travel.

Solutions: Join a YMCA or YWCA and ask about reciprocal memberships that allow access to facilities in other cities. Pack a jump rope and resistance bands in your luggage. Book hotels that have a pool and/or fitness rooms.

Source: American Heart Association