



AEROBIC WINTER CHALLENGE

Coconino County Health Department Heartbeat Program

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About 84 % of you completed your goal for November. That's great! Keep up the good work!

November prizes and t-shirts have been delivered. If you have not received them yet your Worksite Coordinator should be getting them to you soon.

Don't forget to take advantage of the discount Synergy Total Fitness is offering AWC participants for the month of December.

*Best in Health!
Tara & Caroline*

Heeding Tips on Holiday Eating

Don't Overdo It

With the holidays upon us, you'll soon be stuffed to the gills with advice about how to avoid being stuffed to the gills during this most bountiful of buffet seasons. No matter how reasonable this expert guidance on appetite control sounds, it always proves much trickier to pull off in real life, often because your hands are sticky from devouring miniature candy canes.

Let's review some common suggestions that health professionals offer this time of year and the sad reality that often comes

with heeding them.

TIP: To prevent overindulging at a party, eat a light, nutritious snack before arriving.

Eating before you go to an event where food will be plentiful and - most importantly - free is, to me, a grave faux pas. Your hosts have most likely spent many hours and dollars on those caviar-stuffed pigs in a truffle-encrusted blanket just to please guests like you. And this is how you repay them? You should feel guilty, but that's good! Guilt burns up to 1.8 calories an hour.

TIP: Arrive at a party with a healthy dish to share, to ensure you have at least one good food option.

As if eating before you arrived wasn't rude enough. "No, no - your food is rich, delicious and evil! Simply evil! I shan't eat anything but these organic baby carrots I picked up at a health-food store on my way over."

TIP: Avoid the temptation to overeat by not hanging out near the food.

Since hanging out in your host's bedroom is creepy

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Preventing Injury and Illness

Physical activity is good for your health, but it can stress and strain your body if not done right. If it's done too suddenly or without basic precautions, exercise can lead to injury or illness.

Even if you have long been active and are fit, keep safety in mind.

Do not assume that basic precautions do not apply to

you.

The most important ways to avoid injury and illness are to:

- Learn about the risks of any new activity you begin. Take lessons, if appropriate.
- Wear clothing that is right for your activity, including shoes that have good support for your feet.
- Always use the safety gear that is recommended for your chosen activity,

such as helmets and knee pads. Learn about the use and proper fit of safety equipment.

- Begin an exercise routine slowly and gradually increase intensity.

Pay attention to your body's signals, such as pain and fatigue, when starting a new activity or when increasing the intensity of your physical activity. General muscle soreness is common when you



try a new activity, but pain can mean you're injured. If you are very tired, you may be doing too much too soon.

Source: www.health.msn.com



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(so I hear) and closets are not conducive to most conversations, especially if you talk a lot with your hands, try the garage. It may get cold and lonely out there, so bring a sweater. And a six-pack.

TIP: Mind your portions by using the smallest plate available and loading it mostly with fruit and vegetables.

Of course, there's a good chance the fruit and vegetables being offered will be covered in butter, cheese, peppermint bark or, if you live in rural areas, lime Jell-O. Oh, but YOU brought your own baby carrots,

didn't you? La-di-DA!

TIP: For dessert, have small portions of only those items you like the most.

By now, you're starving and the lace on the table doilies looks like spun sugar. So, you sample this dessert to see if you like it most. Then you sample that one. Now you go back and try that one again to make sure you reeeeaally liked it. No, no - let's try this one again. Mmm. Can't decide. Aaaaaaugh! And there you are, face down in the cannoli tray, snorting sweetened ricotta. At this point, you've realized you're better off staying home with your baby

carrots. People then will start to think you're anti-social and, eventually, you'll stop being invited to holiday parties. Then you'll never gain holiday weight. Problem solved!

To celebrate, you should throw a party of your own, because it will allow you to employ this last helpful tidbit:

TIP: When hosting a holiday party, give away all your leftovers.

Oh, and you'll have tons of leftovers. That's because by now all your guests will have also read these articles about how not to over-eat during the holidays. A massive fight will follow in which you, the stick-figured

host, and your rail-thin guests pummel each other with bags of baby carrots. This will make the produce distributor for the local health-food store happy, as you and your friends will have made him rich enough so he can finally afford a personal trainer. And some liposuction.

Anyway, try to have yourself a happy and healthy holiday season, whether you are a party thrower or a partygoer. If you need me, check the garage.

Source:
www.nydailynews.com

Here is a great opportunity to try something new or get a group activity in!



Specializing in Spinning®, personal training, & nutrition counseling, our vision is to help you create a life of balance, strength, & wellness.

Mention you are a part of the AWC to get discounts during the month of December.

1st class is FREE!

	Regular	AWC Discount
Drop-In Class	\$12	Free with first visit
4 Classes	\$40	\$32
8 Classes	\$72	\$57.60
12 Classes	\$84	\$67.20

www.synergytotalfitness.com for class schedules and times.

1500 E. Cedar Ave. Suite 52
Flagstaff, AZ 86004
928-779-7888

THANK YOU!

Thank you to the businesses that gave donations to support the Aerobic Winter Challenge!

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