



December 2009

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Are You Having a Snack Attack?

A recent survey by the Dannon Company found that 83 percent of respondents snack at work, and 47 percent of those who do get hungriest between 10 a.m. and noon. Where do people gravitate to the most? The vending machine, of course! You may think you are making the smart choice by selecting baked potato chips, but you are not really satisfying your hunger – you're eating empty calories. This may only set you up for caving in later when someone brings in a birthday cake.

Try to plan ahead: Pack several snacks to take with you to work each day, either in the morning or the night before. But make sure the snacks will fill you up until your next meal. Good choices include an apple with a tablespoon of peanut butter; trail mix made with unsalted nuts; low- or non-fat yogurt with a spoonful of granola, raisins or wheat germ; unsalted popcorn (you can buy packages of the 100-calorie variety); a handful of grapes and baby carrots; or fiber-fortified cereal. Another good tip to remember is that the more dense a food is, the more filling it will be.



**Pack a snack
(or two) for
work right now!**

LIVE WELL, WORK WELL

Stay Safe This Holiday Season

It's winter, which means the arrival of numerous holiday parties that you are probably looking forward to attending.

December is **National Drunk and Drugged Driving Prevention Month**. Don't become a statistic – or turn someone else into one. You do not need to drink alcohol just because you are at a party! Abstaining is the only way to ensure you will be able to safely drive home – in fact, you will also be better equipped to identify other drivers who may be impaired. If you see anyone driving erratically, do not hesitate to call 9-1-1 immediately.

If you DO plan on drinking, the safest option is to have a sober person drive you home. Also, follow the one-to-one rule – one standard drink per hour. A standard drink is ONE 12-ounce beer, ONE 5-ounce glass of wine (the glass will NOT be filled to the top), or ONE mixed drink with 1.5 ounces of liquor. Another good rule of thumb is to drink one glass of water for every alcoholic



beverage you consume. However, this does *not* cancel out the fact you should stick to one drink per hour.

If you are hosting a party, make sure to provide plenty of non-alcoholic options for those not choosing to drink. Why not take the opportunity to serve something new and appealing, such as club soda with lime, non-alcoholic eggnog, or sparkling cider?

If you notice that any guests are impaired, insist on taking their keys and refuse to give them back until you are satisfied they have sobered up. It may be a good idea to have taxi cab numbers posted in an obvious place to allow guests to call for a ride without calling attention to themselves.

For more information on this and other driving safety tips, visit the National Highway Traffic Safety Administration (NHTSA) at www.nhtsa.dot.gov, or the Centers for Disease Control and Prevention (CDC) at www.cdc.gov and search "impaired driving."



Don't Break the Bank!

Stressing about your budget this holiday season? Stop! Here are some easy ways to stay on track:

- Set dollar limits for each person and stick to them! Have them written down while you shop as a tangible reminder to yourself.
- Buy in bulk. Did you plan on buying a “little something” for several people? Buy a set of items that can be separated – and you have several gifts in one!
- Shop online. Many online merchants have specials during the holidays, including free shipping. If you have an item in mind, research its price online before you head out to the stores to ensure you are getting the best deal.



And remember, your loved ones don't want you to go broke buying them the next new gadget. Try thinking of creative ways to show how much you care. Are you a photographer? Frame one of your best pictures. Do you have an elderly relative? Offer to perform yardwork or take him/her grocery shopping. Are you handy? Ask if anyone needs help with home maintenance. Do you have a favorite charity? Call and offer your assistance. Often these end up being the best gifts of all.



FLEXIBILITY



HYGIENE



STRENGTH



MENTAL
HEALTH



GOOD
DIET



Prep for Your New Year's Resolution!

Just because it's December doesn't mean you can't get an early start on your New Year's resolution. In fact, if you can implement some good habits now, it will be that much easier for you to maintain them come January. Here are some suggestions:

- Remove one bad item from your diet entirely. For example, if you consume a lot of soft drinks, try to give them up for a month. If you drink two 12-ounce cans of soda per day, you will be cutting about 300 calories from your daily intake per day.
- Try taking vitamins. Most people do not get the recommended daily allowance of vitamins and minerals each day. Consider taking a multivitamin supplement to stay as healthy as possible.
- Get more sleep. It may not be possible if you're a new parent, for example, but most people simply do not get enough sleep because of unnecessarily busy schedules. Shoot for at least seven – preferably nine – hours of sleep a night... it makes for a much better day!

Put Down Those Cookies!

You may be trying to eat healthy, but be honest... it's hard not to overindulge during the holidays. Here is a perfect snack for your guests – and it's fast and easy too! Try serving as an after-dinner treat. Dessert may not even be missed! As for leftovers? Bring them to work as a healthy snack!

Trail Mix

- 1 cup low-fat wheat cereal
- 1 cup dried fruit (try cranberries, apricot bits, banana chips or all three!)
- 1 cup dried sweet corn
- 1 cup unsalted soy nuts or sunflower seeds
- ¼ cup unsalted almonds

Mix ingredients together and serve! Serves 8.

Nutritional information: 219 calories; 9 g total fat; 0 mg cholesterol; 10 g protein

