

Healthy Holidays

Fitting Fitness into Life

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Finding time to exercise may seem like a hassle these days. Whether it's the kids, work, sheer exhaustion, or errands, something always gets priority over exercise. So, how do we work exercise into our busy schedule? Here are some tips to use when trying to incorporate exercise into daily routines. The goal is to take 10,000 steps per day, and through these exercises, you can get there!

First, many of us have office jobs, and it is important to remember to get up from the desk every once in a while. Try walking down the hall for 5 minutes every hour, pacing while taking phone calls, or taking a quick break from the computer to do some stretches. On lunch break, take a walk around the parking lot, or walk to the restaurant you choose to eat at. All of these will get you up and energized for your work day.

Anything that you do to get more steps in a day is a great way to start incorporating more exercise in daily routines. Park farther



out in the parking lot when going to the mall or grocery store, and walk around a little longer at locations to get more steps. If you have children, find ways to play with them outside, or incorporate exercise into social activities by meeting up for a walk in the park, rather than over coffee.

The goals of these small tasks are to get up and be more active than the normal routine. By doing these small steps, you can increase the amount of steps you get in a day easily!

Feeling too busy for exercise? Put it in your schedule! Having a set time to work out during the day can easily motivate you to do it, even if it's only for 20 or 30 minutes. It's important to get exercise to maintain a healthy weight and body, and these tips are sure to help you! Try wearing a pedometer to see if you reach the goal of 10,000 steps!

Interested in 5k, 10k, or other races? Check out www.active.com/running to look up running activities in your area! Also get great tips on running and check out the free training log to keep track of your running. Mapmyrun.com also has great tips and applications for running or walking, and you can calculate how far you go on each outing! www.mapmyrun.com



Healthy Recipes: Cranberry-Pear Relish

Ingredients:

- 1 small navel orange
- 1 (12 oz) bag of fresh or frozen cranberries
- 1 Bartlett pear, cored and cut into chunks
- ½ cup light brown sugar
- Pinch of Kosher salt
- 3 tablespoons pecans, toasted and coarsely chopped

Directions:

- 1) Wash and dry the orange. Cut the orange into small wedges and put into food processor or blender.
- 2) Add the cranberries, pear, sugar and salt. Pulse until coarsely chopped.
- 3) Transfer to a bowl, cover and refrigerate for at least 2 hours and up to 2 days. Just before serving, stir in pecans.

Prep Time: 10 minutes

Serves 6-8

www.foodnetwork.com

“Meals that will fill your stomach without BULGING your waistband.”

Healthy Meal Options at Local Restaurants

By noon, your taste buds are ready for their favorite part of the day: lunch. Running to a local fast food restaurant to satisfy your hunger seems easy enough, but finding healthy options at nearby restaurants can sometimes prove to be tricky.

Here are some meals that will fill your stomach without bulging your waistband.

Jimmy John’s: Save 435 calories by substituting the “Unwich” lettuce wrap for French bread and skipping the mayonnaise.

Panera: Try the Asian Sesame Chicken Salad or Greek Salad and keep your meal at 400 calories or less.

Olive Garden: Control your portions by avoiding the unlimited soup, salad and breadsticks, and try the Venetian Apricot Chicken, Seafood Brodetto or Capellini Pomodoro, all of which total fewer than 500 calories

Taco Bell: Most options on the menu are under 500 calories, but focus on the Fresco menu, which will allow you to mix and

match the crunch and any soft taco while still staying under 500 calories.

With these healthful options, you’ll be reenergized after lunch and ready to finish your day!

Check out more tips for making healthy substitutions at eatthis.menshealth.com, which provides information about restaurant nutrition, groceries and top swap ideas.

Meal makeovers are also available under the Eating Smart tab at Cookinglight.com. Check out some deliciously healthy recipes for you and your family!

Healthy Holidays...Dessert! Chocolate Mousse

Ingredients:

- * 1 package (2.1 ounces) Instant Sugar-Free, Fat-Free Jell-O® Chocolate Pudding mix
- * 2 cups low-fat milk (or use skim milk)
- * 2 cups Light Cool Whip® (or use Fat-Free Cool Whip®)
- * 1/2 teaspoon vanilla extract
- * 1/4 teaspoon ground cinnamon, if desired

Preparation:

1. Beat pudding mix into 2 cups cold milk in a bowl, using wire whisk or electric mixer, for about 2 minutes.
2. Fold in the Cool Whip®, vanilla extract, and cinnamon (if desired). Stir until well blended.
3. Pour into individual serving dishes. Cover with plastic wrap, and keep chilled until ready to serve.

Makes:

6 servings

Nutritional Information:

Per serving:

122 calories, 3 g, 17 g carbohydrate, 3.5 g fat (3 g saturated fat), 3 mg cholesterol, <1 g fiber, 351 mg sodium. Calories from fat: 26%.



Fun for the Whole Family

Fun for the whole family doesn't have to come with a high price tag. Finding affordable outings within the Champaign-Urbana area is made easy by the News-Gazette's community calendar.

Events are posted every month, including prices for all events. Some listed activities for this month include:

Dance the night away with the Festival of Trees Daddy Daughter Fairytale Ball will also be hosted on Friday, November 19th at 6PM at a cost of \$25 dollars per

person, with children under the age of 2 years free of charge. The event will take place at the I Hotel in Champaign.

The Children's Theater presents "Chivalry Me Timbers" on Friday, November 19th at 6:30PM free of charge to the whole family. The event takes place at St. John Lutheran School in Champaign.

Walk around A Festival of Trees event that also takes place on Saturday, November 20th at 9AM at the I Hotel in Champaign. Adult admission is \$5 and children ages 4 and

above are admitted at a cost of \$3.

Incorporate some exercise into your family fun by visiting Hardy's Reindeer Ranch. Enjoy the Corn Maze, Pedal Race Carts and Hayrides all for just \$10 per person. The Ranch is located in Rantoul, IL. Check out reindeeranch.com for more information.

These event details and more information can be found online at www.news-gazette.com

"Finding affordable outings within Champaign-Urbana is made easy"

Food Safety: Safely Storing and Preparing Holiday Feasts

With the holidays season comes lots of family gatherings, cooking, baking, and of course: LEFTOVERS! Here are some important rules to remember in order to safely prepare and store food, and avoid the seasonal stomach aches.

First off, it is always important to wash your hands before you prepare food. MANY foodborne diseases can be avoided by taking this simple step. Along with washing hands, make sure the surfaces and utensils used for preparation are also washed before their use.

Once the preparation has begun, make sure you keep your different food items separate! If raw

meat comes in contact with ready-to-eat foods, food can be contaminated.

After getting the food in the oven, let the feast cook to its finest! This means, the turkey, ham, chicken or other meats should be cooked to the perfect temperature. To ensure that the meat is thoroughly cooked, use a meat thermometer to gauge the heat. You can easily find one at the grocery store or a kitchen store. All poultry should reach a safe minimum internal temperature of 165 °F. Stuffed poultry is not recommended. Cook stuffing separately to 165 °F. Beef, veal, and lamb steaks, roasts, and chops must have an internal temperature of at least 145°F, as well as fish

and other seafood. Pork, ground beef, veal and lamb, must have an internal temperature of at least 160 °F before serving. Egg dishes, casseroles should also reach a temperature of 160 °F Now, it's time to remove from the over, and enjoy!

Once the feast is finished, it is important to put away the leftovers promptly. It is recommended by the USDA to cover and refrigerate foods within 2 hours of cooking, and eat them within 4 days, but, if the leftovers are frozen, you can keep them for 2 to 3 months!

Remember, it is important to take these steps in order to easily prevent foodborne illnesses from ruining the holiday season.

Happy HEALTHY Holidays!

This newsletter was prepared and organized by Jane Gascoigne and Kathleen Murphy, two senior nursing students at the UIC College of Nursing. Its purpose is to promote healthy food options and healthy life choices during the upcoming holiday season for the employees of Champaign-Urbana Public Health District. For more information on the above topics, a reference list is provided below.

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