



Holiday Tips and Food Choices

By Scott Keppel

With Thanksgiving coming soon, many of you are wondering how you can keep from gaining the normal 10-15 lbs over the holidays. If you are like a majority of individuals with the holidays and the end of the year upon us, you have more stress and you are attending more functions and coming up with more excuses to not workout and eat properly. Now with the holidays approaching you are thinking "How can I not gain weight?", "What can I do to motivate myself to get into the gym while it is cooler and darker outside?", "What can I eat and/or drink at the party I am going to this weekend?" etc... I will be frank with you and let you know that eating clean during the holiday season and staying focused with your workouts is challenging for most individuals.



It is however, not impossible! If it is important to you, you will succeed! You need to make your health a priority and not let others influence you into eating or drinking something you do not want and/or need. You need to get your butt out of bed and hit the gym (or get outside) and get your workouts in. Now it may be too difficult to lose weight with all the parties and good food you will be around, but you can at least maintain where you are at and then have a head start on 2013. Below is a list of several foods that will be eaten on Thanksgiving along with the caloric output for a number of activities. Outside taking smaller portions, using a smaller plate, filling up with lean protein sources and veggies you can combat the weight gain by increasing activity. Remember if you consume more calories than your body needs you will gain weight! If you know you are going to overdo the eating, try and be more active than normal to offset the additional calories. This is not ideal for losing weight and/or body fat. This will however assure you do not start 2013 off further from the way you want to look and feel.

Foods	Calories	Carbs (grams)	Fat (grams)
1 light beer	102.66	5.81	1
8 oz wine	198.24	6.42	
Turkey thigh	492.48		26.82
Potatoes-mashed 1 cup	237.30	35.51	
Apple pie-1 slice	270	45	9
Gravy-1 serving	25.69	4.56	
Turkey-Breast	152		.8
Yam-4oz	132	31.20	
Ham	246	4.2	14.27
Most Red meats(3oz)	188		12.6
Chocolate chip cookie	68.7	8.86	3.6

ACTIVITIES - based on 1 hour

Weight of Individual	130lbs	155lbs	190lbs
General Aerobics	354	422	518
High impact aerobics	413	493	604
Bike-leisure	236	281	345
Bike-fast 16-19mph	708	844	1035
Child care-seated	177	204	259
Child care-standing	207	246	302
General house cleaning	207	246	302
Vigorous house cleaning	266	317	388
Running-6 mph	944	1126	1380
Weight lifting-light	177	211	259
Weight lifting- vigorous	354	422	518

One can see that there are better choices that can be made with food as well as just stepping up the intensity of your current routine and/or adding some activity can make a big difference. So enjoy your holiday season by being active and making better food choices. Take this time to start a habit of going to the gym and/or exercising at home on a regular basis. It takes approx 4 weeks to form a habit. Start your routine of exercising on a regular basis and focus on the clean eating after the holiday. This will allow you to focus on one at a time rather than changing both at the same time and becoming overwhelmed.

I suggest you get in at least 30 minutes of exercise on a daily basis. One's fitness goal(s) will determine how long they should exercise and what type of exercise should be the main focus. If it's to offset the extra calories, do more cardio. If it is to have more muscle to burn more calories on a consistent basis then lift. Either way a combination of both with stretching is the best for an overall healthy exercise routine. For those of you who feel you just do not have the time to exercise, the following are two examples of workouts that can be done in less than 20 minutes and will target each muscle group. If you find them too easy and you have more time repeat each exercise for a total of 2-3 rounds. I recommend you consult your physician before starting any exercise and/or diet program. I also suggest you give STS a call today and get in for your workout, consult, meal plan or whatever you need to be fit in 2012/2013!

Workout #1	Workout #2
<ul style="list-style-type: none"> ■ Squat thrust x15 ■ Push ups x15 ■ Squats x25 ■ Bent over db or band rows with palms facing in x15 ■ Leg curls with a stability ball or machine ■ Pelvic raises x25 ■ Leg raises x 20 ■ Lat raises x 12-15 ■ Bench dips x 15-20 ■ Squat jumps x 15 ■ Db or band curls x 15 	<ul style="list-style-type: none"> ■ Lunge and kick x 15 each leg ■ Mt climbers x 25 each leg ■ Shadow Box using 5lb db's or soup cans x 30 each arm (jabs) ■ Shadow Box using 5lb db's or soup cans x 20 each arm (upper cuts) ■ Squats and side kicks x 15 each leg ■ Squat and side punches when you come up x 15 each using same as above ■ Bicycle kicks (abs) x 30 each way ■ Squats and db curls to shoulder press x 15 ■ Supermans x15 ■ Bent over rear delts (reverse flies) x 15 ■ Planks x 1 minute