

Highlights *Issue 10* 2007



'Healthy Living Over the Holidays

By: **Rachel Sutter R.D.**

The period between Thanksgiving and New Year's is not only filled with family, friends, and food, but it can also be a busy and stressful time as well. Read on for tips on how you can maintain healthy eating and exercise habits while keeping sane during the holidays.

The holidays can be difficult times even for the person absolutely committed to a healthy lifestyle. Family dinners, office and neighborhood parties, and baked goodies at the workplace offer temptations nearly daily. Gift shopping, cookie baking, card writing, and children's holiday concerts somehow work themselves into an already booked schedule. The days get shorter and the weather gets colder, making it more difficult to exercise. These busy months, however, do not mean poor food choices, inevitable weight gain, and no "me" time. By following these six tips, you can make it to New Year's Day with a healthy body, a joyful heart, and a clear mind.

Prioritize: Don't overbook yourself; choose the events you would really like to attend and decline other invitations.

This way, you'll be able to truly enjoy the events you do attend while leaving a little more time for yourself.

Plan exercise and food choices: Make an appointment with yourself to exercise; even if your sessions are shorter or less frequent than usual, at least you are maintaining your commitment. On a related note, make a general plan for meals a day or week in advance. This will help you ensure that you eat a well-rounded diet while saving a little room for holiday treats.

Make exercise a family event: Exercise does not have to be limited to time at the gym. A walk with the family after dinner, ice-skating, sledding, dancing, or a winter hike are all fun family activities that keep you moving.

Choose your favorites: Everyone has favorite foods that only seem to be made in December, so plan your meals accordingly; If you absolutely love your aunt's famous fudge, but could take or leave your brother's homemade stuffing, skip the stuffing at dinner to save calories for one or two pieces of fudge.

Make substitutions: Baked goods abound in December; it's an unavoidable part of the month. To reduce temptation, make your own treats with healthy substitutions. Use egg whites instead of whole eggs, substitute applesauce for some

CONGRATULATIONS TO EVERYONE WHO PARTICIPATED IN THE JINGLE BELL 5K RUN/WALK. WE ARE VERY PROUD OF YOU!

-JOLENE K (1ST 5K)
-KAYSI M
-KATIE C
-MARY & JOE V
-MELISSA B
-DREW D
-CHRISTY M
-CASEY Z
-JULIE RW
-KARI M

of the oil, or cut back on the sugar by one-third to one-half. You won't even notice the difference, I promise!

Take a break: Finally, and possibly most importantly, take time for yourself. If you do not give yourself a break with the bustle of the season, you will not be able to maintain a healthy lifestyle. Take at least fifteen minutes for yourself each day. Take a walk, meditate, or simply sit quietly – the only requirement is that it calms you and clears your mind. This will help you follow the other tips to keep the rest of your life healthy.

Rachel graduated from UW-Madison with a degree in Dietetics and completed a dietetic internship. She believes balance is key in all areas of life and that food is the fuel to a healthy, active existence. She loves working with people and is determined to help each individual meet their nutritional goals in a way that fits their life.

With slush, ice, and salt in the streets, please help keep the studio clean by bringing clean shoes in for your workouts.
Thanks!

Corporate Fitness

Horizon will be actively seeking businesses to offer our services too. Everything we do in the studio can be done off-site. Please think of us if you are considering adding some health and wellness services to your business or the business you work for. We are able to provide brown-bag lunch presentations, wellness coach talks, group exercise classes, and adventure trips, as well as personal training.

If you have any questions or suggestions, or want to start your fitness program at work, please give Garrett a call or email him at garrett@horizonhealthandfitness.com

Thank you in advance for your continued support.

happy holidays from
all of us at horizon:
mike garrett
robin becca
melissa irish
amy matt rachel

and thank you for being
part of the horizon family

It's time to expand again!

Two years ago we moved into the facility we are currently occupying because we grew out of our previous location. Well, two years later, we have the same need, and we will be expanding again. However, this time we will not be moving!!

Horizon will double it's space and will soon occupy the entire ground floor of our building. How soon? It looks like the move in date should be around March 15th.

The new space will be very similar in floor plan to our existing layout, but we will definitely have some new pieces of equipment and a few other surprises.

For those of you who train after work you may have noticed that we are getting a little crowded between 4:00 and 6:00pm. Please be patient and realize we may have to share training space from time to time. Also, there are many times during the day and week that the studio is still nearly empty.

The studio is rarely congested on Saturday mornings, weekday afternoons before 4:00pm and weekday evenings after 6:00pm. Friday evenings are also slow times.

Thanks for your understanding and enjoy the new space when it comes.

Mike

Give the Gift of Good Health

Gift certificates available for all of our services:

*personal training,
wellness coaching,
nutrition counseling,
and group classes.*



Thank You For Helping Us Grow!

Please share your fitness experience with your friends and family. We will give them a free session just for coming in and if your referral starts training, we'll give you a free session!

A referral is the best gift and highest compliment you can give to us. Thank You for your support!