



November Health Bulletin

November 2011 Healthy Habits Tips: Staying in Control During the Holidays

By UAB Health System

Candy and cakes and pies... Oh my! The holidays, and all the festivities that come with them, can do a number on your healthy eating plans. Staying in control can be difficult, but UAB Clinical Psychologist Dr. Josh Klapow, Ph.D., has some tips to keep you on track.

Let's start by being realistic. The holidays are a time when most people are going to stray from their diets. But that doesn't mean you have to spin out of control. Here are some simple guidelines to offset the overindulgence:

First, burn extra calories. Some simple things you can do:

- If you have a workout routine, try adding a few minutes of walking or other cardiovascular exercise to it. If you don't have a workout routine, a simple daily walk is a great way to start.
- You can also burn extra calories as part of your normal daily activities. Take the stairs instead of the elevator; walk during your lunch hour; and park farther away from the office, appointments, or shopping destinations. Bottom line: The more you move, the more you burn.

Second, keep holiday eating in check. Here are some strategies:

- Don't come to a big holiday meal on an empty stomach. Try to eat meals earlier in the day that are consistent with your diet. The less hungry you are, the less you will be tempted to overindulge.
- If you're the type who has to have a second serving, take a small first serving so you can have seconds. This will trick your brain into thinking you've had more food than you've actually had.
- Fill up on healthier items like turkey and vegetables.
- Prioritize your desserts. Allow yourself a desert, but stop and think for just a moment. What do you really like? Where do you want to spend your calories? Don't just fill the plate. If you like everything, take small portions of everything. Otherwise, choose only what you *really* like.
- Try to take a brief walk before the holiday dinner and, if you can, a short walk afterwards.

The holidays are a wonderful time to enjoy friends and family. So, try to indulge in moderation with a plan to stay on track. You'll get the joy of the holiday season without all of the guilt.



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CareSpaceSM *Work-Life Resource and Referral*

Available through your EAP Preferred work-life Web site, CareSpaceSM is an online social networking forum for soliciting advice from other members, reading articles on parenting and elder caregiving, viewing video blogs from experts, and much more. Just go to "Centers" after logging on to your EAP Preferred Web site, and click on CareSpaceSM. You can create your own CareSpaceSM profile and join the conversation.

FEATURES INCLUDE:

- Online support from caregivers and parents
- Public posts monitored by experienced care consultants for content appropriateness
- 24/7 availability through your EAP Preferred work-life Web site
- Weekly video blogs on parenting and elder caregiving from work-life professionals

TOLL-FREE: (800) 327-3517

WEB SITE: <http://www.eappreferred.com>

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Have you received your flu shot?

Flu shots are now available at your local Safeway in-store clinic at no charge to you.

An appointment is not required.

Please remember to take your APEHP medical card and voucher with you for plan identification purposes.

IF YOU HAVE CLAIMS-RELATED QUESTIONS, PLEASE FEEL FREE TO CONTACT AMERIBEN'S DEDICATED CUSTOMER SERVICE LINE AT (866) 955-1485.

Do You Want to Win \$50? Simply answer the questions below and submit your responses before Friday, December 16, 2011 to:

Arizona Public Employers Health Pool or Fax: (602) 222-3878
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Answer all questions *correctly* and you will be entered into the drawing. **GOOD LUCK!**

Who can assist members with work-life issue that may arise?

Name one way of burning extra calories during the holidays.

What type of food items should you fill up on during holiday meals?

Name: _____ Phone number: _____

Address: _____ Employer: _____