



WELLNESS NEWSLETTER



DECEMBER 2016

HEALTHY TIPS FOR THIS HOLIDAY SEASON

PLAN YOUR WEEK ON A SUNDAY – Review your schedule for the upcoming week and plan ahead. Schedule time to exercise, prep healthy meals and prioritize holiday errands or events. By scheduling your workouts you're less likely to skip them. By preparing healthy lunches you're less likely to grab a fast food meal or over indulge in holiday treats. This is a busy time of year so don't forget about YOU! Schedule time for yourself.

COOK AT HOME AS MUCH AS POSSIBLE – Between family, work, errands and social events chances are your time to prepare a healthy meal is limited. **CROCKPOT!** It's an easy way to put together a healthy meal in minutes. Anything from turkey chili, soup, stew or roast can be slowly cooked in your crockpot while away at work and be ready for you and your family to enjoy for dinner.

THINK ABOUT THE CALORIES YOU DRINK – Whether you're consuming a cocktail or a festive holiday latte, be aware of the amount of sugar and calories these drinks contain. Limit the amount of alcoholic beverages you consume. A way to cut some calories is by switching to nonfat milk, forgo whipped topping and cutting the sugary syrups from your coffee.

ENJOY FESTIVE OUTDOOR ACTIVITIES – Visit a public ice rink and enjoy ice skating with family and friends. Other festive outdoor activities include; Sleigh rides, Christmas caroling, Christmas lights walk and Organizing a holiday themed scavenger hunt.

DON'T DEPRIVE YOURSELF – Keep in mind *'your must have guilty pleasure'* that is special for this time of year. Enjoy those items (keep in mind portion control) and avoid the chips, cookies and candies you can have anytime throughout the year.





A Health & Wellness Holiday Gift Guide


Need some gift giving inspiration? Here are some thoughtful gift ideas that will promote health & wellness cheer all throughout the New Year!

- **SPA BASKET:** Meditation music, Candles, Facial scrub, Aromatherapy diffusers, Certificate for a manicure, pedicure or massage.
- **MEAL PREP BASKET:** Tupperware, Cookbook, Measuring cups, Cooking Utensils, Gift card to Whole Foods or organic market.
- **FITNESS BASKET:** Yoga mat, Foam roller, Individualized water bottle, shaker bottle, Gift card to any sporting goods store.

DECEMBER HEALTH AWARENESS

December 1 – World's AIDS Day
 www.worldaidsday.org

December 4-12 – National Flu Vaccination Week
 www.cdc.gov/flu/nivw/

December 4-10 – National Handwashing Awareness Week
 www.henrythehand.org

HOLIDAY CRAFTS

Crafting is a great outlet for spending quality time with family and friends. It's a positive activity that allows you to destress and have fun.

DIY HOLIDAY CARDS



- What you will need:
- Cardstock
 - Construction Paper
 - Ruler
 - Scissors
 - Glue or Hot Glue Gun
 - Craft Buttons
 - Craft Gems
 - Glitter
 - Ribbon
 - Yarn
 - Fine Tip Pens
 - You're Imagination!

HOLIDAY COCKTAIL RECIPE

Jingle Bella

INGREDIENTS:

- * 1 Tsp Rosemary Simple Syrup (Simmer equal parts water and sugar with 2 rosemary sprigs. Chill until ready to use.)
- * 4 Oz. Cranberry Grape Juice
- * 1 Oz. Vodka
- * Prosecco

DIRECTIONS:

* Combine the first 3 ingredients in a cocktail shaker. Pour into a glass and top off with Prosecco. Garnish with sprigs of rosemary and cranberries.



EXERCISES YOU CAN DO AT HOME

- 100 JUMPING JACKS
- 100 MOUNTAIN CLIMBERS
- 100 CRUNCHES
- 2.5 MIN. OF JUMP ROPE
- 2.5 MIN. OF HIGH KNEES
- 50 SQUATS
- 50 BURPESS
- 2.5 MIN. OF JUMP ROPE
- 2.5 MIN. OF HIGH KNEES
- 1 MIN. REST

*No equipment required.

(REPEAT 3 TIMES TO BURN UP TO 1,000 CALORIES)

**Collins Electrical Company, Inc.
and the Wellness Committee wish
you all a healthy, active and
wonderful month of December.**



HAPPY HOLIDAYS!



MASHED BUTTERNUT SQUASH WITH GOAT CHEESE AND ROSEMARY

INGREDIENTS:

- 1 1/2 POUNDS BUTTERNUT SQUASH, PEELLED AND CUT INTO CUBES
- 3 OUNCES GOAT CHEESE
- 2 TABLESPOONS MILK
- 1 TABLESPOON FRESH ROSEMARY, MINCED
- KOSHER SALT AND BLACK PEPPER TO TASTE

DIRECTIONS:

1. BRING A LARGE POT OF WATER TO A BOIL
2. INTO THE BOILING WATER ADD SALT AND BUTTERNUT SQUASH
3. COOK SQUASH UNTIL TENDER
4. DRAIN WATER AND ADD GOAT CHEESE, MILK, ROSEMARY, SALT & PEPPER
5. MASH USING A POTATO MASHER

4-6 SERVINGS, 195 CALORIES PER SERVING