



DECEMBER

NEWSLETTER

MOVE UPDATE

Out with the old, in with the new! Several projects are underway as we prepare the new space for YOU! There are a lot of exciting changes coming (the logo and color scheme to name a few)! We have been busy picking out tile, carpet, paint and much more to compliment the new look and feel of The Club on Rouse. It is going to be bright, fresh and modern. We know you will love it!

Our online location is also getting a remodel. The new website will be launched later in December, and will feature tools and information that you can access on a daily basis to stay connected!

Please welcome the newest member of our training staff:

Adam McCarver

Adam has his bachelors degree in exercise science from Montana State University and recently completed his ACSM Health Fitness Specialist certification.



HOLIDAY NUTRITION TIPS

brought to you by Lindsay Kordick

Even if you've been on Santa's good list all year long, you can really get yourself into nutrition trouble this time of year. Here are some tips for holiday eating!

- Be selective.

Buffets and pot lucks do not have to be all you can eat. Survey the offerings. What looks too good to pass up? What can you live without? Focus on what you'll enjoy, not how much you can squeeze on your plate.

- Leave grazing to the cattle.

Grazing on munchies at parties or at home can add up to BIG calories. Instead, put items on a plate to keep track of how much you are eating.

- Plan for indulgence.

If you want to indulge in a homemade holiday treat or luscious dessert, ask yourself what you're willing to give up in exchange — something at lunch or dinner, or your afternoon snack? Or are willing to put in the extra time at the gym?

- Decorate your plate.

Fill 1/2 to 3/4 of your plate with colorful raw veggies, fruits or items that have these as their main ingredient. Creamy sauces and cheesy toppings are going to add calories, so if you must have some, take smaller portions. Fill the rest of your plate with lean meat, shrimp or other seafood choices.

- Snack on.

If a holiday party is a few hours in your future, make a plan to not arrive hungry. When we do not feel the DRIVE to eat, we tend to make smarter choices. Snack on fruits and vegetables to help fill your stomach prior to the event.

Be the "HEALTH ELF" at your next party! Here are some 80 party food ideas!

- Shrimp cocktail
- Roasted vegetable tray
- Turkey breast tray
- Olive sampler
- Fruit or vegetable skewer bouquet
- Spring rolls