

GOOD THINGS TO KNOW

HAPPY HEALTHY HOLIDAYS TO YOU

A Decade of News You Can Use!

MY THOUGHTS...

PARTIES – I CAN'T ATTEND THEM ALL & THAT'S OK

FOOD - LOTS OF GOODIES AROUND I'LL INDULGE BUT ONLY IN WHAT REALLY SPEAKS TO ME.

BOOZE – DRINK OR EAT? EAT. THOSE CALORIES WIN HANDS DOWN. IMBIBING CALLS FOR A CAB.

GIFTS – WITHIN MY CIRCLE OF FRIENDS, WE'VE OPTED NOT TO EXCHANGE. FOR OTHERS, BEING CREATIVE, SHOPPING LOCAL & STAYING WITHIN BUDGET. ALSO REMEMBERING CHARITIES AS THE TAX YEAR ENDS.

CARDS - I SEND E-CARDS WHEN APPROPRIATE & HARD COPY TO THOSE WHO STILL LOVE IT.

EXERCISE - NO REASON TO STRAY. SHORTER SESSIONS ARE IN ORDER BECAUSE SOME FITNESS IS BETTER THAN NO FITNESS

RELAXATION – AT THE END OF THE DAY, TECHNOLOGY OFF, I'M ON THE FLOOR, LEGS OVER A STABILITY BALL DOING ABSOLUTELY NOTHING.

WORD OF THE DAY – “ZAZEN”

On newsletter writing days, I try to avoid e-mail and other distractions. However, this morning I allowed just a peek and was pleased to find a “z” word from Dictionary.com as I collect “z” and “x” words to win at Scrabble™.

I learned [zazen](http://zen) is meditation in a prescribed, cross-legged posture. “Za” is Japanese for seat or seated and “zen” from Sanskrit means thought, meditation, something we can all use a dose of especially at the holidays.

What a timely lead (there are no accidents) to share thoughts I've gathered on the season.

“I always look forward to the holiday season with a mixture of pleasant anticipation and slight foreboding. It is wonderful to cultivate an awareness of the many things in our lives for which we feel grateful – that's the good stuff – but there is always too much food, and possibly some raised expectations about visits with loved ones that can become charged and ultimately disappoint. I'm describing myself, of course...”

[Michael Sieverts](#), Qigong teacher

Local readers can experience Michael's last 2013 healing qigong class on December 13 at [Insight LA](#) and the first of 2014 on January 10. Practice begins at 7:30 PM, ends at 9:00 PM and is by donation.

“Holidays are about experiences and people and tuning in to what you feel like doing at that moment. Enjoy not having to look at a watch.”

[Evelyn Glennie](#), percussionist

“Christmas gift suggestions: To your enemy, forgiveness, to an opponent, tolerance, to a friend, your heart, to a customer, service, to all, charity, to every child a good example, to yourself, respect.”

[Oren Arnold](#), journalist

“...So during this upcoming holiday season of thanksgiving and celebration, let's not forget to take a moment and reflect, celebrate and give thanks to those things that are truly the most important and of the most value to us...our life, our health, our friends and our families.”

[Jeff Novick](#), M.S., R.D

Gift yourself with Jeff's “common-sense approach to healthful living” free, online newsletter. Subscribe at the link above.

“As we struggle with shopping lists and invitations, compounded by December's bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same.”

[Donald E. Westlake](#), novelist

“Love the giver more than the gift.”

[Brigham Young](#), American leader, Church of the Latter-day Saints

ACSM'S WORLDWIDE SURVEY – TOP TWENTY 2014 FITNESS TRENDS

In its eight consecutive year here's what made the top ten:

1. **HIGH-INTENSITY INTERVAL TRAINING** – Short bursts of high-intensity exercise bouts, followed by a short rest/recovery, these programs usually take less than 30-minutes to perform.

2. **BODY WEIGHT TRAINING** – Minimal or no-equipment, this way to exercise is definitely a trend to watch for the future.

3. **EDUCATED, CERTIFIED, & EXPERIENCED FITNESS PROFESSIONALS.**

4. **STRENGTH TRAINING** – For all people to improve or maintain strength.

5. **EXERCISE & WEIGHT LOSS** – Commercial weight loss programs continue to infuse exercise into their caloric restriction diets.

6. **PERSONAL TRAINING**

7. **FITNESS PROGRAMS FOR OLDER ADULTS**

8. **FUNCTIONAL FITNESS** – Programs using strength training to improve balance, coordination, force, power and endurance for daily living activities.

9. **GROUP PERSONAL TRAINING** – Continues to make good economic sense for both clients and trainers.

10. **YOGA** – Traditional modalities such as Vinyasa and Kundalini along with hybrids like Yogalates.”

Find trends 11-20 and the complete article, [here](#).