

GOOD THINGS TO KNOW

HAPPY, HEALTHY HOLIDAYS TO YOU

A Decade of News You Can Use!

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PREVENT HOLIDAY WEIGHT GAIN

“The National Institutes of Health [NIH] estimates that during the 6 weeks between Thanksgiving and New Year’s Day, Americans gain an average of 0.8-1.4 pounds. With the lingering effects of Halloween candy factored in, that range could be actually higher. According to the NIH, this eating free-for-all over 40 or more days accounts for 51% of the typical American’s weight gain.”(1) Although 1.4 pounds seems easy enough to lose with diet and exercise once the party is over, the reality is it isn’t for most people. “In fact, over the course of a decade or two – at that rate of gain – an insidious 15-30 pounds could creep onto a person’s unsuspecting frame.” (1) YIKES!

AN APP A DAY

Statistically, folks who record what they eat lose weight and keep it off! But hardcopy food journaling is so yesterday! Grab your Smartphone to check out the top five, **FREE** apps evaluated by Biray Alsac-Seitz, MS <http://benefitwithbiray.com/about-biray/> and choose the one that’s right for you. BUT don’t spend too much time sitting to enter and compare data!

MUNCH 5-A-DAY

www.munch5aday.com; free, iPhone
“This app tracks only fruit and veggie intake. Use it to work toward a daily goal and post achievements on FaceBook or Twitter.” (2)

LOSE IT

www.loseit.com; free, iPhone & Android and

MY FITNESS PAL

www.myfitnesspal.com; free; iPhone, Android, BlackBerry® & Windows
“Both of these apps have extensive food databases and will track nutrition in detail. Use them to scan barcodes; set calorie goals and dietary preferences, track weight and physical activities and share progress with friends. Both include a Web-based interface (syncs with app) that offers extensive reporting features and progress summaries.” (2)

THE EATERY

<https://eatery.massivehealth.com/>; free, iPhone

“This is not a scientific tool for food logging (portion sizes are described as ‘a smidgen’, ‘some’, ‘you will be very full’, etc.), but the app quickly gauges consensus among users on whether foods are good or bad. Use it to snap photos of meals and post images to the Eatery community, where fellow users will rate your meals on a scale of ‘fit’ to ‘fat’. (Have fun rating other people’s meals as well.)” (2)

TRACK-N-SHARE

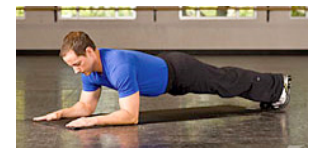
www.trackandshareapps.com; free, iPhone
“Most trackers do not take into account that factors like mood or stress can influence eating behaviors. This app allows users to track any behavior in their lives. Use it to set categories and for tracking variables.” (2)

FITNESS BREAK

Crunchless crunches for a quick core workout during the holidays, on vacay or anytime you can’t get to the gym. Exercises from www.acefitness.org



BIRD DOG – Instructions:
<http://www.acefitness.org/exerciselib/14/bird-dog>



ELBOW PLANK –
Instructions:
<http://www.acefitness.org/exerciselib/32/front-plank>



SIDE BRIDGE –
Instructions:
<http://www.acefitness.org/exerciselib/101/side-plank-with-straight-leg>



BRIDGE – Instructions:
<http://www.acefitness.org/exerciselib/49/glute-bridge>

(1) Beat Holiday Pounds With A Few Ounces of Prevention by Sandy Todd Webster, INFT, Nov-Dec 2012

(2) Smart Apps For Smart Appetites by Biray Alsac-Seitz, MS, INFT, Nov-Dec 2012