

INNER STRENGTH

Fit Words for Everyday People

By: Susan Caldwell, Certified Personal Trainer (and Mom!)



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www.SusanCaldwell.com

susancaldwell@nc.rr.com

PO Box 99341, Raleigh, NC 27624

(919) 889-2598

Thanksgiving, Turkeys and Pumpkin Pies ... It's time for the annual celebration where the average American consumes 7,000 calories ...enough extra calories to add two pounds of unwanted body fat. November's Inner Strength is all about **Thanksgiving Fitness** and how you can stick to a healthy eating strategy this Turkey Day.

**** Coming in January – Hi 5 Fitness** for Youth is coming soon! You know the importance of good nutrition and exercise for your children, but how do you feed a picky eater or encourage a child to start moving (or keep moving!) in the right direction with physical activity? We will help your child learn how to live a healthy life by making the right food choices and incorporating exercise into their daily lives by working in small age-based groups of children ages 6 and older in a friendly, fun atmosphere. Classes will begin in January 2009 at ToneUp Raleigh. Visit www.Hi5Fitness.com for the exciting details! Gift certificates are also available for purchase. See all of you soon!

The **Skinny** Of the Month



No More Excuses!

"It's only one day... eating two slices of Pecan Pie really won't matter!"

With the help of these 7 tips, you can enjoy Thanksgiving weekend without the extra fat and guilt!

Stick to Your Fitness/Exercise Routine – Exercise and fitness is the key to calorie reduction. Holidays often lead to people postponing their fitness programs. In order to reduce the calories and keep the weight off if you overindulge, it is important to stick to your fitness routine during this festive time.

Eat an Early Meal – An early meal may help keep the calories burning. People often use the strategy of skipping meals to feel better about overeating on holidays and special occasions. It is important to eat at least a light breakfast and lunch every day. This will keep your body nourished and prevent overeating at Thanksgiving dinner.

Try A New Recipe This Year – Start a new tradition this year. Look for new recipes that are heavier in vegetable content and contain less meat or oil.

Make Veggies Your Seconds – Before you go for more pumpkin pie, help yourself to a second plate of veggies first. Veggies will fill you up and keep you away from the high calorie foods.

Slow Down and Enjoy the Day – There is always lots of food at Thanksgiving dinner. Take the day to slow down, enjoy your food and your company. This will allow your stomach to feel full, helping you to avoid overeating.

Cut the Desserts in Half - Desserts will not fill you up. Even after a helping, we continue to crave the sugar and the memory associated with sweet treats. Cut your desserts in half so you can still enjoy them while you benefit from half the calories.

Take a Walk – Before or after everyone sits down for Thanksgiving dinner, take your guests for a walk. If you spend 30 minutes walking, everyone will feel better, burn off a few calories and enjoy spending quality time together other than at the dinner table! You will also be less likely to eat more later!

Here is a list of the common foods that are found on the Thanksgiving table every year. Use this list to calculate what you cannot live without this Thanksgiving and work the total calories into your day. You can celebrate this holiday without guilt and without deprivation. All it takes is a little planning.

- Turkey, light meat without skin - 1 cup - 220 calories - 5 g fat
- Turkey, dark meat without skin - 1 cup - 262 calories - 10 g fat
- Ham - 1 cup/140 grams - 231 calories - 11 g fat
- Mashed Potatoes (prepared with whole milk) - 1 cup - 174 calories - 1 g fat
- Candied Yams - 3/4 cup - 335 calories - 9 g fat
- Gravy - 1 cup - 121 calories - 5 g fat
- Green Bean Casserole - 3/4 cup - 165 calories - 10 g fat
- Winter Squash - 1 cup - 76 calories - 1 g fat
- Pumpkin Pie - 1/6th of a 8" diameter - 229 calories - 10 g fat
- Bread Stuffing - 1/2 cup - 178 calories - 9 g fat
- Apple Pie - 1/8th of a 9" diameter - 296 calories - 14 g fat
- Pecan Pie - 1/6th of a 8" diameter - 452 calories - 21 g fat

As a person who once weighed 300 pounds and has lost 'half my size,' making healthy choices has become part of my life. If you are looking for an extra person on your team to help you improve your life and meet fitness goals designed for you, I'd love to talk with you. Visit www.SusanCaldwell.com for more information.