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December

Working Out, When you Don't Feel Like Working Out

Is the hustle, bustle, and cold weather of the holiday season keeping you from maintaining your workout routine? The holidays could alter your fitness in one way or another, but accepting that and making proper changes to your routine will help you stay fit and healthy in the upcoming months. Here are a few ideas that will help you stay prepared and on top of your workouts for the approaching holiday season.

- Don't try to squeeze in a workout. Make your fitness a priority. Schedule your daily workouts in advance. During the holiday season people try to do more rather than do things well. By planning ahead you can make your workouts worthwhile.
- 'Tis' the season to gain weight. Don't let that be you. When possible, add in an extra day or two to workout. This will use up more calories and help keep extra weight off.
- Having a workout routine that can be done at home is a great way to burn some calories on days that you can't make it to the gym.
- Plan a small vacation to a warm destination during the colder months. This will help keep you motivated to workout.
- Give yourself the gift of being fit this holiday season, don't wait for New Years to make healthy changes, start now so you can focus on new goals for the coming year.



Source: <http://www.webmd.com>

World AIDS Day: December 1, 2012

The purpose of this day is to educate, raise awareness, and remember those who have passed. We celebrate how far the world has come in terms of treatment and prevention for AIDS. This day also helps to keep governments accountable to their commitments in the fight against HIV and AIDS.

Human Immunodeficiency Virus (HIV): This virus attacks cells in your body that fight off disease and infection. This weakens the immune system.

Acquired Immunodeficiency Syndrome (AIDS): This is the final stage of the HIV infection in which your immune system isn't working properly.



Statistics:

- There are 33.4 million people living with HIV/AIDS worldwide
- Since 1981 over 619,000 Americans have died from AIDS
- Over 50,000 people in the U.S. become infected each year
- Today there are over 1.2 million Americans living with HIV
- One in five individuals do not know they are HIV positive

Ways to Show Your Support:

- Wear and distribute red awareness ribbons or bracelets.
- Organize a rummage sale and donate the proceeds to HIV/AIDS research.
- Watch an AIDS-themed movie and facilitate a group discussion afterwards.
- Hold or attend a candlelight vigil to remember those who have passed.

Source: <http://aids.gov>

Healthful Tips for the Holiday Hostess

Surprise your guests with these healthy holiday alternatives:

- Offer hummus instead of other high fat dips.
- Offer guests fruits and vegetables rather than pretzels or potato chips for dipping.
- Instead of high-fat desserts, serve angel food cake topped with berries or sorbet.
- Use vinegar, olive oil, or lemon juice to spritz on salads.
- Roasted almonds are a healthy snack loaded with magnesium and vitamin E.
- Use low fat milk and cheese in your recipes instead of full fat options.
- Offer alcohol free drinks like a 100% cranberry juice, white grape juice, and sparkling water spritzer.
- Serve sauces on the side to allow guests to choose how much they'd like.

Pomegranate Punch Spritzer



Mix 2 cups pomegranate juice with 2 1/2 cups seltzer. Add ice and an orange peel for garnish. This holiday drink is sure to delight!

Serving size: 2 drinks

Sources: <http://www.sparkpeople.com>
<http://www.eatingwell.com>

The Shovel Struggle



No matter how much snow falls this winter, it is very important that the proper shoveling techniques are used in order to prevent health risks and injury. Here are a few tips to help keep you safe while shoveling this winter season.

- Use a proper snow shovel. The shovels that have curved or adjustable handles reduce bending at the back. Purchase a shovel that is lightweight, has a plastic blade, and is smaller in size to limit the weight being lifted with every scoop.
- When muscles are cold, they are more susceptible to injury. Warm up and stretch for at least five minutes before shoveling. This will keep your back more flexible to reduce your risk of injury.
- Tackling smaller piles of snow over time is better for the body, rather than moving one massive pile. Take a break every ten to fifteen minutes in order to catch your breath and rest if you are feeling fatigued.
- Always keep both feet on the ground to reduce your risk of falling in slippery conditions.
- Push snow; don't lift it! If you have to lift, strive to do it properly. A few lifting techniques are listed below:
 - *Avoid using your back to bend, aim to keep it straight; bend at the hips and knees. Keep the snow piles small so you do not lift more than you can handle.
 - *Don't twist your body; pivot your body.
 - *Keep one hand as low on the handle as you can where it is still comfortable and the other hand on the handle (about 12 inches apart).
 - *Walk to where you want to put the snow. Do not reach with the shovel or throw the snow.
- Snow blowers are always a great alternative to shoveling. They put less stress on the back.

Sources: <http://www.spine-health.com>