

# OBOL NEWSLETTER

What's new and exciting at Victory Fitness Studio?

## Healthy Holiday Eating Tips!

It's that party season again! How can we avoid putting on extra weight while having a great time? The following are some holiday eating tips so that you can still look good and be healthy in January without having to deprive yourself of all the holiday treats.

\*Don't go to a party hungry: we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at the party.

\*Watch your portion: treat yourself to a nice drink, dessert, chocolate or sweets without guilt, but always watch your portion. Go for small portions. This way you can sample all the different foods. Moderation is always the key.

\*Make a conscious choice to limit high fat and processed sugar items: high fat food items can be found in fried food, cream-based soup, cheese-filled casseroles, pies, processed meats such as salami and sausages, some pastries and baked goods.

\*Try different versions of egg nog: traditional egg nog is usually made with egg yolk and thick cream. Google "low fat egg nog" and you will find lots of low fat egg nog recipes. If you buy commercial egg nog, you will be delighted to find low-fat or fat-free egg nog out there.

\*Try other versions of alcohol: instead of beer, cider, Bailey's and Kahlua, try dry wine, Bloody Marys or spirits with diet mixer which have fewer calories.

\*Remember: Calories from alcohol tend to be stored in the abdomen. People who are overweight actually gain weight more easily when they consume alcohol. A really great idea is to drink soda water and lime and forget the alcohol. You'll feel great in the morning.

\*Drink plenty of water: alcohol and coffee can dehydrate your body.

\*Physical activity: take nice brisk walks with your loved ones and enjoy their company in the holiday season

## 5 Reasons to Run Outdoors This Winter

Just because there's ice on your windshield doesn't mean you have to hibernate like a ground squirrel. Here are five reasons you should bundle up and run outdoors even when it's freezing out.

1. You Don't Get Hot - The 1st and most obvious benefit to running outside in the winter is that you aren't likely to overheat. Because of this, winter running is actually somewhat easier. Heat and humidity slow you down and can make you want to stop running before your planned mileage is up. Even in the gym, the air can get sticky. But outside in the fresh air you can maintain a comfortable temperature for a long time with just a couple of moisture-wicking layers on.
2. It Prepares You for Races - Sure, in a pinch the treadmill is a great tool. Everyone has their cold threshold, when it's just too frigid to be outside. And there are some days when the wind and ice make you feel like you want to stay in bed with your head under the covers. But the smooth surface and human-propelling belt of a treadmill can leave your training regimen...well, a little flat. If you're preparing for that big spring

marathon you're much better off training in conditions that are similar to those on race day. On the graded and uneven surface of the road, you'll be training your muscles, joints and lungs to handle the real thing. The treadmill can't give you the same workout that the pavement can, so running outdoors as much as possible can get your body in line come race day.

3. It Builds Your Mental and Physical Toughness - Pulling on that gear and heading out into the 30-40 degree morning can be a hard thing to do when your house is (and your toes are) nice and warm. Not to mention the cactus are nothing to look at, and your running partners have all disappeared. Many say that running is about mental toughness; well, this is a good time to gain some. Running in the cold improves your physical endurance; the intense weather can program your body to operate better in adverse conditions, thereby increasing your stamina. Also, you'll get used to the cold after awhile, and the increase in blood circulation can keep you warmer while you're at rest. Learn to love racking up miles out in the chilly tundra, and you'll become a much stronger runner.
4. It Curbs the Winter Blues Seasonal Affective Disorder - (SAD) gets to a fair amount of those who live in the chilliest climates, especially after the holidays are over. But even if you don't get the winter blues, a dose of fresh air and sunshine is good for you. It can boost your mood and keep you motivated while everyone else is sleeping late and complaining about the desert wind.
5. It Keeps Off the Winter Bulge - The term "bathing suit season" was coined for a reason most everyone spends the spring and summer on some diet, trying to lose the winter weight and regain their shape. But you don't have to let the colder months turn you into a lazy pile of mush. You can stay motivated and challenged all winter long by keeping up on those outdoor miles. Your swimsuit will thank you. So ask for some running gloves and a neck warming gaiter for the holidays, and run outdoors this winter. You might even surprise yourself and love it.

## Schedule Workouts Like Meetings

The power of exercise goes way beyond creating the body of your dreams. It can alleviate and starve off everything from depression to Alzheimer's to relieving anxiety — exercise is as close to a natural, free high as you can get... (and folks, these days, in my books, that's frickin awesome). Fortunately, you don't have to be an endurance athlete to stack up the happiness benefits: Turns out, only 20 minutes of exercise each day (that's the key) will give you every mental benefit. Easy, right? It's all a matter of how you look at it.

Start to rethink your relationship with exercise: You wouldn't bail at the last minute for a work meeting, would you? So reframe exercise with the same level of commitment. Decide how many times per week and what times of day work best (to avoid actual scheduling conflicts), then add the workouts to your calendar. And most importantly stick to it! If you can just get through the gym door, or outside, you will have completed the hardest part. The less you think about "doing it" the easier it will be. Set your clothes out the night before, pack a bag so you can stop at the gym on the way home from work (once you get home chances are you are not going back out), and then as the old saying goes, "Just Do It!" You'll be so happy you did.

Oh ya, and one last thing, don't skip exercise just because it's December. This is the month you should VAMP UP your exercise routine. Do you really want to step into January needing to lose 10 pounds just because you tricked yourself into believing you were too busy in December to take care of the most important person in your life? Nobody else is going to take care of you besides you! Now go do the right thing!



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## Raspberry Peach Cobbler

There's something about a cobbler that sings comfort food. And what better way to get all the comfort and to feel like you're splurging without ruining all of your hard work to stay lean and fit? Try this Raspberry Peach Cobbler! At just 108 calories per serving, and healthy ingredients like oats, fruit and almond flour, your taste buds will be tanta-lized and you won't feel guilty!

### **Ingredients:**

1/3 c. oats  
1/3 c. almond flour  
1 T. cinnamon  
2 T. pure maple syrup  
3 medium peaches, ripe or 1 c. of frozen peaches, thawed  
1 c. raspberries  
1/8 c. water  
2 T. sliced almonds

### **Directions:**

Pre-heat oven to 450

In a medium mixing bowl, mix oats, almond flour, cinnamon, and pure maple syrup together.

Wash peaches and slice them thinly. In a baking dish, evenly place peaches so that they are not overlapping each

other. Next, wash raspberries and place them in between the sliced peaches. Then, pour dry mixture on the rasp-

berries and peaches. Then, pour 1/8 c. of water over the top of the dry mixture.

Place baking dish in the oven. After about 20 minutes, take the baking dish out, sprinkle with almonds and drizzle

honey over the top. Place the dish back in the oven on broil for 5-10 minutes or until crispy (but not burnt)!

Enjoy!

Nutrition Facts: Serves: 8, Serving Size: 1/2 c.; Calories Per Serving: 108; Total Fat: 3g; Protein: 3g; Carbohydrate: 18g;

Fiber: 3g; Sugar: 11g; Sodium: 1mg

**1**

**OBOL Tip**  
Don't quit  
exercising just  
because it's the  
Holidays!

**2**

**OBOL Tip**  
Use Exercise as  
an outlet for  
Holiday Stress!

**3**

**OBOL TIP**  
Remember you get  
a lot of empty  
calories (sugar)  
from Alcohol!

# Happy Holidays!