



### December Calendar:

- ▶ WIC: 1, 5, 8, 9, 12, 13, 15, 16, 19, 20, 21, 30
- ▶ WILLOW SPRINGS CLINIC: 7
- ▶ MOUNTAIN VIEW CLINIC: 28
- ▶ FAMILY PLANNING: 2, 9, 21
- ▶ IMMUNIZATIONS: 6, 14, 29
- ▶ CHOLESTEROL SCREENINGS: BY APPT
- ▶ FOOD HANDLERS CLASSES: 12
- ▶ BREASTFEEDING SUPPORT GROUP: 6

▶ **HOLIDAY'S (CLOSED):**  
 AFTERNOON ON THE 22<sup>ND</sup>, ALL  
 DAY THE 23<sup>RD</sup> & 26<sup>TH</sup> FOR  
 CHRISTMAS

OVOLUME 113 | O YEAR 11



# Monthly Monitor

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## Holiday Tips to Stay Healthy

**Wash your hands often.** Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds

**Stay warm.** Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing.

**Manage stress.** The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook.

**Travel safely.** Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age.

**Be smoke-free.** Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW or talk to your health care provider for help.

**Get check-ups and vaccinations.** Exams and screenings can help find problems before they start. They can also help find problems early, when the chances for treatment and cure are better.

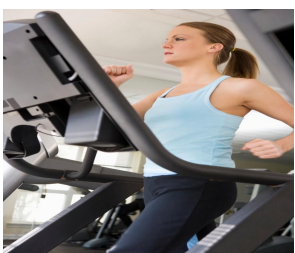
**Watch the kids.** Children are at high risk for injuries that can lead to death or disability. Keep a watchful eye on your kids when they're eating and playing.

**Prevent injuries.** Injuries can occur anywhere and some often occur around the holidays. Use step stools instead of furniture when hanging decorations.

**Handle and prepare food safely.** As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often.

**Eat healthy, and be active.** With balance and moderation, you can enjoy the holidays the healthy way.

**Protect pets from rabies.** Pets are also considered family members by many. Keep them healthy. There are several things you can do to protect your pet from rabies. First, visit your veterinarian with your pet on a regular basis and keep rabies vaccinations up-to-date.



### Researchers: Small Investment in Exercise Pays Big Health Dividends

What does 15 minutes of exercise a day amount to? A 14 percent reduced risk of death and about three years of additional life expectancy, according to a new study. In fact, researchers found that every 15 minutes of exercise beyond the initial 15 minutes a day reduced mortality by an additional 4 percent. "If the minimum amount of exercise we suggest is adhered to, mortality from heart disease, diabetes, and cancer could be reduced," the authors state.

# How to Beat the Holiday Weight Gains Odds

From 'food pushers' to parties that tempt your senses, here's how to overcome holiday diet temptations.

By [Colette Bouchez](#)

WebMD Feature

Reviewed by [Louise Chang, MD](#)

Just when you're finally getting your weight under control, boom! It's the holidays, and food is *everywhere*. It seems as if the Thanksgiving-to-New Year's holiday season is one long, tempting food fest designed to make you gain weight.

Add in the emotions of the season and experts say the holidays can deal your weight loss efforts a double whammy.

You've got the stress of the holidays, along with a lack of sleep, and, for many, a cauldron of bubbling emotions coming to the surface -- *and* you've got all this food beckoning you at every turn," says Warren Huberman, PhD, a clinical psychologist specializing in weight control at New York University Medical Center. "It can be a dangerous combination for those who have problems controlling what they eat."

But it is possible to keep the holiday food fests from ruining your weight loss plans. One of the best ways to start, experts say, is by discovering what your personal holiday overeating cues really are.

## Food and Feelings: The Holiday Weight Gain Double Whammy

Though it may seem as if the temptation to overeat is all wrapped up in those handmade cannoli or that German chocolate cake, just being around more scrumptious food isn't the whole story. One recent study indicates that, for most of us, the drive to overeat at any time of the year is governed more by emotion than environmental cues.

## Making a Plan to Avoid Holiday Weight Gain

Although understanding why you eat can offer some measure of control, experts say it's also important to head into each potential food fest with a plan for how you're going to handle the temptation.

In research published recently in the journal *Behavior Research and Therapy*, doctors found that dieters who tried to control their appetites using avoidance strategies were at greater risk for overeating than those who developed coping skills to control their overeating.

Among the strategies that work best is positive self-talk, with the help of appetite "flash cards," says Judith Beck, PhD, clinical associate professor of psychology at the University of Pennsylvania at Philadelphia and author of *The Beck Diet Solution*.

"Part of the Beck Solution is to make a list of every good reason why you want to lose weight, and read it to yourself every morning -- and when you are tempted to eat something you hadn't planned, just read it again, so you're constantly reminding yourself why it's worth it to turn down food," she says.

## Don't Let 'Food Pushers' Lead to Holiday Weight Gain

Despite your best laid plans, your holiday food goals can still go awry thanks to "food pushers" . friends, family members, and co-workers who refuse to take "no" for an answer when they're offering fattening treats.

The easiest way out? Just say "no" -- over and over and over, the experts say.

"It's really OK to just say 'No, thank you -- it smells divine, but I'm really full.' You don't have to offer more explanation than that," says Huberman.

If you simply can't get away without accepting something fattening on your plate, Muller says, accept it. Then, just walk into the next room and dump it.

"Just because it's on your plate or in your hand," she says, "doesn't mean you have to eat it."



## Yukon Gold & Sweet Potato Mash

- 1 pound Yukon Gold potatoes, peeled and cut into 1 1/2-inch chunks
- 1 pound sweet potatoes, peeled and cut into 1 1/2-inch chunks
- 1/2 cup low-fat milk
- 2 tablespoons butter
- 1 teaspoon brown sugar
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Place potatoes and sweet potatoes in a large saucepan and add enough water to cover. Bring to a boil over high heat and cook until very tender when pierced with a fork, 20-25 minutes.

Drain the potatoes, then mash them in the pot to the desired consistency. Place milk and butter in a small bowl and microwave on High until the butter is mostly melted and the milk is warm, 30 to 40 seconds. Stir the milk mixture, sugar, salt and pepper into the mashed potatoes until combined. **Nutrition:**

**Per serving (6 servings, about 2/3 cup each):** 151 calories; 4 g fat ( 3 g sat , 0 g mono ); 11 mg cholesterol; 26 g carbohydrates; 3 g protein; 3 g fiber; 321 mg sodium; 369 mg potassium.

**Nutrition Bonus:** Vitamin A (190% daily value), Vitamin C (20% dv).