



# The Season for Thanks and Giving

With the holiday season approaching, it is time to bust out the cozy, festive sweaters and whip up some of our savory, home cooked dishes. The holidays for most usually means traveling, time spent with family and friends, decorations, traditions, chaos, memories and of course ALL the food. The holiday season paves the way for the mentality too many of us will so easily adopt and that is this: 'It's the holidays, therefore I am going to enjoy all the food and I'll get my rear in gear come the New Year.' But unless you have all the discipline, determination and motivation to change what have probably been bad habits for much longer than the holiday season, then this mentality can inevitably set you up for failure. This mindset will lead you down an unforgiving road that only leads to a dead end. Because come New Year's, we end up only being further away from our goals than we anticipated and the desire to get healthy and fit fills a little less attainable. So instead of using the holidays as an excuse to slack on our health and fitness goals and binge eat through all the meals, what if we used this time as an opportunity to get a head start on our goals and ambitions for the New Year?

## NUTRITION NEWS

Abilene ISD

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## Tips to Beat the Holiday Binge

If we're not cautious, the holiday binge can become a vicious cycle that is hard to snap out of. With all the assortments of food serving as temptation everywhere you turn, it's a real challenge to deny the holiday goodies. But here are some tips to practice so you are the one in control, instead of food being the one controlling you.

**#1: Start your morning off right**- Kick start your day with a healthy breakfast. You will be more motivated to stay on track if you start your day off with a well-balanced meal that will fuel you with good energy. If anything, leave your high glycemic and sugary carbs until later in the day. This will help with cravings. If you eat too many carbs in the morning this can spark your blood sugar and make you crave MORE sugar throughout the day!

**#2: Start your morning off right pt. 2**- Get that blood flowing early in the day! Starting your morning off with an early workout, whether that be a morning walk with your dog, going for a run, a 20 min full body workout (refer to last page of newsletter), a bike ride, or hitting the gym, will set a much more positive and energetic tone for the whole day! Early morning workouts and activities are the answer to busy evenings that demand more time and energy from most. If tips 1 and 2 are practiced, you are more likely to WANT to stay on track and say no to the tempting goodies.

**#3: Plan your meals in advance**- "If you fail to prepare, then you are preparing to fail." With so much useful technology and information at our fingertips, why not use it for our benefit? MyFitnessPal is a useful app that tracks your food, calories and macro/micronutrients, just to name a few. Plan and keep up with your meals and calories using this nifty, free app! By knowing what you are to eat for the day and what the meals consist of, you are not leaving it all up to chance!

**#4: Portion control, portion control, portion control**- You'd be surprised how fast calories add up! They have this funny way of sneaking up on you without fair warning. With today's outrageous 'norms' for portion sizes, our minds unfortunately have a hard time distinguishing between the right portion and the overindulgent portion. It is always good to keep in mind that half of your plate should be filled with vegetables and fruits (more veggies than fruits), a quarter with grains and the other quarter with a lean meat or other source of protein. Use a smaller plate so you can't go crazy with the portions. Refrain from going back for seconds!

**#5: Holi-'day' NOT Holi-'month'**- It's all about perspective here people. Try to view the holiday season through a lens that allows for you to enjoy yourself, yet not hate yourself later when you can barely move because you stuffed yourself to the point of being miserable. Moderation is key. Don't overindulge throughout the months leading up to the New Year just because you think you are going to hit it hard with that "get fit" resolution. Enjoy the holiday by recognizing that it is about family, friends, spiritual and social connection.

**#6: Drink plenty of water**- Drinking plenty of water is always important. Even more so if you eat a lot of foods that are higher in sodium, as this will make your body retain more water thus making you look and feel bloated. So make sure to stay hydrated in order to flush your body of the extra water. Have a hard time drinking plain water? Spice it up by adding freshly squeezed lemons, limes, oranges or even mint leaves. All add flavor and even act as a natural detox!

### DO SOMETHING YOUR FUTURE SELF WILL THANK YOU FOR

Being that this is the month celebrated for giving thanks among other traditions. How about you show yourself some grace in areas that you may otherwise be too hard on yourself. That looks different for everybody, but whatever the case, instead of beating yourself up for something you are not happy about, what if you chose to look at the negative from a different lens? Too often many people will give up on something because of the time it will take to get there or accomplish it. But that time is going to pass anyway right? So why not use it to get closer to where you want to be or use it to better yourself in whatever way that looks like for you. Get out of the unhappy cycle that leaves you feeling like you are starting from square one all the time. If you are not progressing, there's a good chance you are either getting worse or staying stagnant. Both dangerous places to be. So make TODAY the day to change that mentality and do something your future self will THANK YOU for. After all, no good things worth having come easy!



**Always feeling pressed for time?**

**Try this full body 20 minute plyometric circuit!**

**It can be done anywhere. All you need is a positive attitude and your awesome self!**

### **Apple Cider Vinegar Detox Drink**

- 1 glass of warm or hot water (12-16 oz)
- 2 tablespoon apple cider vinegar
- 2 tablespoon lemon juice
- ½ teaspoon ground ginger
- ¼ teaspoon cinnamon
- 1 dash cayenne pepper
- 1 tablespoon raw honey (optional)

Aim for 4 rounds or as many as you can!

This circuit consists of 6 exercises, each one being done for 30 seconds with 15 seconds of rest between each!

- ❖ **Exercise 1:** Burpees
- ❖ **Exercise 2:** Mountain climbers
- ❖ **Exercise 3:** Jumping wall taps
- ❖ **Exercise 4:** Jumping lunges
- ❖ **Exercise 5:** Push-ups
- ❖ **Exercise 6:** Jumping squats

Helpful FREE app you might want to download on cell phone to help time this workout → Seconds (use circuit timer)

Looks like this



### **Benefits of Apple Cider Vinegar**

- 1.) Can lower blood sugar levels and fight diabetes
- 2.) Can kill many types of harmful bacteria
- 3.) Can help you lose weight and reduces belly fat
- 4.) Can lower cholesterol and improve heart health
- 5.) May have protective effects against cancer
- 6.) High in acetic acid, with potent biological effects



<https://www.healthline.com/nutrition/6-proven-health-benefits-of-apple-cider-vinegar#section1>

**“If you can’t change your situation, then just change your perspective.”**