



MAINTAIN DON'T GAINSM



'TIS THE SEASON TO LIGHTEN UP



WEEK SEVEN

We are embarking on the end of one year and the beginning of a new one — a time that invites reflection, presence and planning for the future. This week's newsletter celebrates these themes and end-of-the-year get-togethers with nutritious and delicious recipes.

A Season of Balance, Joy and Good Cheer: For A New Year

Several weeks ago you began 'Tis the Season to Lighten Up with 10 general principles to enhance your health, maintain your weight this holiday season and build a foundation for balance, enjoyment and good health. Here is a brief review.

1. **Be realistic** and manage expectations for what you can and cannot do.
2. **Set boundaries** in everything to ensure balance and moderation.
3. **Move your body, every day** for weight management and other benefits too numerous to count.
4. **Eat small and regular meals** every four hours for optimal energy and health.
5. **Take a break** at least 15 minutes each day to slow yourself and everything down.
6. **Drink water** for energy and well-being.
7. **Sleep** at least seven hours per night.

8. **Savor your food** mindfully for more enjoyment and fewer calories.
9. **Laugh often** for humor is medicine and a key ingredient to balance, joy and good health.
10. **Seek support** from friends or a professional because moral support is a vital component of self-care.

Reflecting over the past several weeks, how have you applied these principles or other strategies? How have they helped you build a foundation of balance, joy and good cheer over the holiday season? How might you apply them in the New Year? You are invited to use the space below to reflect and plan ahead.

Holiday Family Get-togethers

'Tis the season for celebration, tradition and holiday cheer...and fatigue, frustration and stress. For many, holiday family get-togethers are a mix of pleasure and pain. Now is an opportunity to apply some of the stress management strategies and coping skills from 'Tis the Season. If you can't remember what they are, here's a quick reminder:

- **Think positive.** Find a way to put a positive spin on things. This time won't last.
- **Keep it simple.** Do what you need to take care of yourself, and keep things simple.
- **Breathe.** Take 20 seconds and bring your awareness to your breath.
- **Relax.** Excuse yourself for five minutes for a quick relaxation ritual.
- **Practice gratitude.** Think about all the things for which you are grateful

How will you use these skills to support balance, joy and good cheer now and in the future?

The material contained in this Newsletter has been selected to provide general background and useful information regarding maintaining weight or avoiding the cumulative effects of gradual weight gain during the holiday season. It is not intended to be complete or tailored to your specific needs. You should discuss the information, facts and tips with your doctor. You should not engage in physical activity, which may have injury and health risks associated with it, until you confirm with your doctor that it is appropriate for you. If you experience any pain or discomfort, call your doctor. The material contained in this Newsletter is not designed to replace either medical advice or medical treatment.

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Future Vision for Health and Wellness

With the New Year just around the corner, now is a good time to consider your future vision for health and wellness and how you can carry on the principles of Maintain Don't Gain: 'Tis the Season to Lighten Up.

Perhaps you want to be smoke-free, feel more energetic, be 10 pounds lighter or improve your relationships. Take a moment to think about your vision and how your current lifestyle supports it (or doesn't) and what you might want to change. Use the space below to record your initial thoughts:

A Kitchen Makeover for the New Year

Give your kitchen and your menu a makeover by changing how you stock your refrigerator, freezer and pantry. Begin the New Year with better food shopping and stocking habits. If you have healthy selections on-hand, chances are you will make better foods choices.

1. **Define your staple food items** — items that you ALWAYS keep on hand.
2. **Decide on your occasional food items** — items that you have a hard time eating in moderation.
3. **Shop for fresh produce regularly** — once a week might not be frequent enough. Or take advantage of produce delivery services.
4. **Think whole grain and high fiber** — foods with 100 percent whole grain flour as the first ingredient or foods with 3 grams of fiber or more per 100-calorie serving.
5. **Stock whole foods** — as nature intended with nothing added, nothing removed.
6. **Choose low-fat foods** — foods with 3 grams of fat or less per 100-calorie serving.
7. **Look for time-savers** — already chopped, diced or partially prepped. The produce section of your favorite grocery store is rapidly expanding their fresh prepped food line.
8. **Follow the 100-calorie snack rule** — choose snack foods with 100 calories or less per serving. Many portion-controlled snack foods are now available.
9. **Update your staples list on a regular basis** — be on the lookout for new food items to try and add the “keepers” to your list.
10. **Shop from your staples list** —check off the items that need re-stocked and add special items. Get the entire family involved in keeping the list updated to save you time.

Don't forget to self monitor...

Check your weight to see if you are achieving your goal of maintaining, not gaining.

Date:

Weight:

KITCHEN STAPLES

Keep the refrigerator stocked with...

Fresh meats, poultry and fish
Egg Substitute
Tofu or Tempeh
Hummus
Milk and Dairy
1% or Fat-Free Milk or Fortified Soy Milk
Plain Yogurt
Cottage Cheese
Reduced-fat Cheese
Reduced-fat Shredded Cheeses
Parmesan Cheese
Whole Wheat Tortillas or Wraps
Seasonal Fresh Fruit
Seasonal Fresh Vegetables
Baby Carrots
Shredded Matchstick Carrots
Romaine or Leaf Lettuce
Baby Spinach
Avocado
Minced Jar Garlic
Assorted Fresh Herbs
Water and Flavored Water
Other Calorie-free Beverages

Keep the freezer stocked with...

Round, Sirloin or Tenderloin Steak
97% Lean Ground Beef or Buffalo
Ground Turkey Breast
Lean Pork Chops
Boneless, Skinless Chicken Breast
Assorted Fish
Ground Meat Substitute
Edamame
Assorted Frozen Vegetables
Assorted Frozen Fruit
Frozen Diced Onions
Frozen Diced Green Peppers
Frozen Diced Carrots

Keep the pantry stocked with...

Canned White Albacore Tuna
Canned Boneless Salmon
Vacuum-packed Tuna
Canned Bean and Lentil Soups
Peanut, Soy nut or Almond Butter
Lard-free Refried Beans
100% Whole Wheat Bread
100% Whole Wheat Pita Bread
Whole Wheat Tortillas or Wraps
White Whole Wheat Flour
Wheat, Corn or Oat Bran Cereals
Other Whole Grain Cereal
Toasted Wheat Germ
Ground Flax Seed Meal
Old Fashioned Rolled Oats
Assorted Canned Beans
Assorted Dried Beans and Lentils
Quinoa, Bulgur and Barley
White or Sweet Potatoes
Brown, Black or Wild Rice
Whole Wheat Pasta & Noodles
Whole Grain Crackers
Low-fat Popcorn
Assorted Dried Fruit
Assorted Onions
Canola or Olive Oil
Assorted Nuts and Seeds
Nonstick Cooking Spray
Assorted Canned Broths
Assorted Vinegars