Welcome to our November newsletter, in which we hope helps to keep you updated on our latest news and provide you with vital well-being tips. Some of you may have noticed parking changes on the 1st floor of DAHLC member parking area in Ramp 9.

In order to comply with legal requirements, approximately 12 DAHLC parking spaces were converted to employee handicap parking on the west side of the reserved DAHLC member parking area. In collaboration with Mayo Clinic Parking and Transportation, we have added DAHLC dedicated spaces to the initial incline of the parking ramp and two spaces on the south wall closest to the stairwell. DAHLC parking signs are now up identifying the new spaces. Don’t forget about our other parking options downtown in Lot 26 (2 hour parking) and Lot 30 (3 hour parking).

At the Generose facility, DAHLC parking is available in Ramp 34 from 3:30pm to 4:30am Monday – Friday and all day Saturday and Sunday. We appreciate your flexibility and understanding as we work with parking and transportation to support the parking needs of both our members and employees.

Now that we have that out of the way, let’s get into the meat and potatoes of this holiday edition newsletter! This month brings you tips on how to avoid weight gain this Thanksgiving, a body weight workout you can do anywhere, a versatile cranberry jalapeno jam recipe, and a spin on our member success story from Sandy, sharing her results from our Revive & Thrive program.

In health,

Jen Zundel, Assistant Director
Did you know the average American consumes between 3,000 - 5,000 calories during the Thanksgiving meal? Uffda. It seems like gaining weight during the holiday season is a national pastime. Year after year, most of us pack on at least a pound (some gain more). Thanksgiving does not have to sabotage your health or weight. Enjoy the holiday feast without the guilt – or the weight gain.

1. **Workout when you can.** If you can get a workout in the day before, the morning of, or both - go for it! Whether it be a workout circuit at the gym, a morning run, or a family tradition Turkey Trot 5k, bunting off some fuel, reducing stress, and producing some of those “feel good” endorphins is always a good idea!

2. **Eat breakfast.** While fasting until the big meal might make sense to save up calories, experts say eating a small meal in the morning can give you more control over your appetite. Start your day with a high protein, hearty meal, such as an omelette, Greek yogurt mixed with berries, or some high protein oatmeal. This will keep you satiated so you won’t show up to your Thanksgiving meal ravenous - like most do, which causes them to overeat, feel overly stuffed and lethargic, blaming it on the tryptophan in the turkey.

3. **Bring a healthy dish to pass (and eat).** Whether you’re hosting Thanksgiving dinner or bringing a dish to share, make your recipes healthier with less sugar, fat and calories. For ideas on “how to” - check out our 5 Thanksgiving Recipes blog post. This way, if you show up with only a few healthier options to choose from, you’ll have your “Plan B” to fall back on.

4. **Pick and choose your indulgences.** Thanksgiving tables are filled with mouthwatering traditional family favorites, which are always abundant. Before you fill your plate and start diving in, survey the buffet... Take a minute and decide what you want most. Aim to select reasonable portions of the foods you cannot live without on this day. Fill your plate with small portions of your holiday favorites that only come around once a year so you can really enjoy them. If you’re going to have dessert, choose the one (not all five) that sounds the best to you, and enjoy it.

5. **Slow it down.** Instead of immediately heading up for seconds as you take your last bite, slow down. Chew your food thoroughly, put your fork down between each bite, take a few sips of water, be present in conversation with those around you, and take a few minutes to let your food settle. Resist this urge by getting caught up in conversation with those around you. You’ll find yourself eating much less food overall, and avoiding the food coma, having you camped out on the couch the rest of the evening.

6. **Go easy on the adult beverages.** Don’t forget those calories from alcohol can add up quickly. Have a glass of wine or a gin and diet tonic water. If you’re planning to have a few drinks, have a glass of water between them. This way you stay hydrated, limit alcohol calories, and stay sober in the process so you can enjoy your evening with loved ones around you.

7. **Get active.** If you can (weather permitting), get outside after dinner! Most don’t do this, usually because they’re so stuffed after their feast they can’t help but glue themselves to the couch. But a brisk walk will help with digestion, burn some additional calories from your meal, improve blood sugar levels, and be a great opportunity for meaningful conversation with friends and family. And you’ll be glad you did, trust me.

8. **Shift your focus.** Most importantly, remember what this time of year is all about. With a ton of emphasis around food, this time of year is really about family, friends and appreciating what you have. Be mindful, have fun, and enjoy this precious time with your loved ones. After reading these tips, you’ll see that enjoying the holiday feast without the guilt or weight gain is possible. After all, the only thing getting stuffed this Thanksgiving should be the turkey! Happy Holidays!
Turkey Burn Workout Circuit

While weight training is great for building lean muscle tissue, sometimes (like during the holidays) it’s tough to find time for the gym. But you don’t need weights for an effective workout. Your body itself is a fantastic piece of workout equipment! Try out this body weight circuit that is sure to burn some calories and build some muscle!

Ingredients:
- 12 oz. cranberries, frozen
- 1/2 cup orange juice
- 2 tbsp. dark brown sugar
- 1 tbsp. Jalapeno peppers, fresh, minced
- 1/4 tsp. kosher salt

Preparation:
Place all ingredients in a pot and simmer, stirring, until berries burst and jam is thickened, about 20 minutes. Remove from pot and serve as replacement for jams on toast and pastries or as mustard on sandwiches. Make it more spicy or sweet by adjusting the sugar and chilies to taste.

Cranberry Jalapeno Jam

Cranberries, like many berries, are a good source of fiber and vitamin C, an anti-oxidant. Additionally, the phytonutrients in cranberries may be anti-inflammatory. All may prove beneficial for better circulation, a healthy heart, and in cancer prevention. Say no to the can, and try this jam!

Calories: 26 | Protein: 0g | Carbs: 7g | Total Fat: 0g | Yield: Approx. 12 | Serving Size: 2 Tbsp
**Member Success: Sandy**

“Accountability was the center of my success.”

Listen in (video on our website banner) as we take a different spin on our Member Success stories with a video interview! Below are a few highlights from our conversation with Sandy and her success with the Revive & Thrive program, Small Group Training, and Wellness Coaching:

“The big challenge I had beginning was knee pain caused by osteoarthritis that I’ve had for many years,” says Sandy. “I had previously managed the pain with injections and a knee brace. This pain has limited my physical capabilities to what I have wanted to do. However, through the Revive & Thrive program, I was pleasantly surprised when my knee stopped hurting. I credit this to losing more body fat, gaining muscle, and being consistent with the program. I haven’t had an injection in my knee for over a year and a half now, which is an incentive that motivates me to continue this fit and active lifestyle I have adopted through this program here at the DAHLC.

Throughout the program and the small group trainings, I’ve lost 10% of my body weight, and became much stronger! Through wellness coaching, my work and life balance improved which brought me a lot of joy, and I am very thankful for that.

As I think of retiring from working at Mayo for over 44 years, I see my future as being able to run around with my grandchildren without physical limitation, and to travel around the world. When I thought about this a year ago, I said to myself, “Why wait? There are so many benefits to starting now!”

You are an inspiration to us all, Sandy! We appreciate you sharing your success story with us. To hear Sandy’s full interview, head over to our Blog section on our website!