The holiday season is always an appropriate time to take a few moments, pause, and reflect on the gifts we’ve been given, the people we love and cherish, and the opportunities we are afforded in life. Giving gratitude with consciousness and pure intentions is a wonderful strategy to reduce stress and bring greater joy to your celebrations. As we prepare for another holiday season, it’s our wish that gratitude and all its benefits be present in your life and the lives of those you care about.

Beginning January 1, 2019 we have two changes we want you to be aware of. We are excited to announce the addition of a new training service that will meet the needs of our members looking for more flexibility. Starting January 2019, EX4 will launch. EX4 is a small group training service that:

- **Offers online registration** (reserve your spot and no waiting in line for drop-in classes)
- **Offers flexibility** (choose the days and times you want to attend, no long term commitment to the same day/time per week)
- **Provides the opportunity to train with a coach multiple days/week** (you choose how many days/week you want to train)
- **Offers variety** (participate in both strength and metabolic focused workouts for a well-rounded program)

Finally, starting January 1, 2019, fees will be applied to small group training (starting at $15) and Pilates Reformer ($20). No fees will be collected for members registering for small group training or Pilates Reformer prior to the January 1 implementation date. These minimal fees help to provide the services, spaces and equipment that we rely on in order to offer you an unparalleled wellness experience with highly qualified staff. All of us at the Dan Abraham Healthy Living Center feel grateful to be able to rely on your support, membership and continued participation in our services. Lastly, a reminder of our Member Appreciation Day on December, 13th! Members can bring a guest for free, including attendance of our drop-in classes.

Wishing you and yours a very happy and healthy holiday season,

_Jen Zundel, Assistant Director_
Ah, the month of December… packed with so much ~ holiday gatherings, winter break for students, and often, family vacations! I have been reflecting on how I could take a break from some of the December hustle and bustle. Here are a few suggestions on handling the holidays, albeit, from a dietitian’s perspective.

1. **Host a less traditional sit-down dinner event.**
   How about a progressive dinner theme? With this theme, guests progress from home to home, enjoying a specific course at a different host’s house. The first home could host appetizers, second home soup and salad, third home main entrée, and last home dessert! Progressives are interactive, can be creative and lessen the stress of being the sole host of the dinner!

2. **Try something new!**
   If hosting a celebration or bringing a dish to the holiday gathering, try a new healthier recipe or swap out an ingredient! Links to resources for healthy recipe ideas and recipe substitutions can be found on our website edition of this article.

3. **Attend a community cookie exchange.**
   If a multitude of holiday sweet treats are a must each year, this is a great way to share and experience new goodies! Can’t find one in your area? Host an exchange with friends and family. Spread the work load while enjoying other’s company.

4. **Find a grocery delivery service.**
   Did you know you can do your grocery shopping online? No need to find a parking spot or dodge the crowds and shopping cars, and no more waiting in long lines at checkout. Not only can this save time, but also lessens those impulsive purchases particularly while waiting to checkout.

5. **Be mindful!**
   Try these ideas to be a more mindful eater at your holiday gathering:
   * **Choose one or two special treats** - limit “everyday/ordinary” treats that you can get all year.
   * **Use a smaller plate or bowl** and don’t feel obligated to clean your plate
   * **Put distance between you and the food** - socialize away from the serving table.
   * **Eat slowly and savor each bite.** Try eating with your non-dominant hand to slow down, and really notice what is being eaten.
   * **Focus attention on the people;** appreciating family, friends, and conversation which is calorie-free (unlike the treats!).

6. **Create non-food traditions centered on gratitude.**
   Volunteer at a shelter, organize a toy or clothing drive, visit a nursing home or assisted living facility to share the gift of time by singing a song, reading a book, or simply enjoying the company of new friends.

Here’s to Eating Well this December and into the New Year! Cheers!
12 Days of Fitness: Holiday Hustle

’Tis the season for emphasizing quick, functional workouts with the busy holiday festivities. And we are here to give you just that! Below is one of our 12 workouts from our 12 Days of Fitness program. You can find the video of this workout being completed by our snowman and reindeer on our YouTube channel, along with the other workouts. Enjoy!

Yield: 8 spice bags

Ingredients:
- 3 cinnamon sticks
- 2 whole nutmeg
- 4 whole cloves
- 1 star anise
- 6 allspice berries
- 1 T. dried orange peel
- 8 squares of cheesecloth (4” x 4”)
- 8 lengths of butchers twine (4”)

Preparation:
Place all ingredients into a large zip lock bag and hit with the flat side of a meat tenderizer until well crushed. Divide into cheesecloth squares and tie off with butchers twine. Use to mull cider, tea, wine, etc.
Member Success: Stacey

As an Ironman triathlete, Stacey was always very fit, active, and competitive. After being diagnosed with a chronic medical issue resulting in not being able to walk, Stacey had to start back at square one. Listen in (on our website) to her journey back to health, the challenges she faced mentally and physically, how she overcame them through our programs and services here at the DAHLC, and her advice to others as she shares her inspiring story.

Advice from Stacey:
Change of perspective. Focus on what I can control, and continue to work from there. Breaking each goal down into small steps. For example, “I want to be able to run again. What does that look like? How do I get there?”

Step 1: Show up
Step 2: Walk around the track
Step 3: Celebrate that success
Step 4: Having a coach for accountability and support
Step 5: Continue to build off of that, one lap, one day at a time...

Thank you for sharing your success story with us, Stacey! We wish you nothing but the best through your bright journey ahead.