



Healthy Titans

Fitness Program Newsletter

December 2006

Special points of interest:

- Whole Wheat Banana Orange Nut Bread
- Vitamin C
- Start New Family Traditions
- Find the Right Fitness Club for You

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12 Tips for Avoiding Holiday Stress

The hustle and bustle of the holiday season is upon us. The baking, shopping and extra time with extended family can lead to unwanted stress. MayoClinic.com has some great tips for avoiding holiday stress.

Be realistic- Hold on to the traditions that you can and create new ones. For instance if you can't be with all your loved ones on the holidays find a way to stay in touch with pictures, videotapes or e-mails.

Stick to a budget- Setting a budget before you go shopping can alleviate the stress of receiving a mound of bills in the mail in January. Making homemade gifts, donating to charity in someone's name or doing a gift exchange so everyone buys

one person a gift are great ideas.

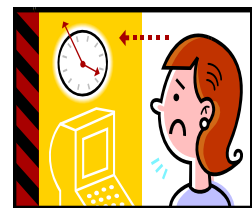
Plan ahead- Plan days out for baking and shopping. Decide the menus for your meals and do all the grocery shopping at once. And when traveling allow time for traffic and weather.

Don't abandon healthy habits- Try and keep a healthy diet while indulging every once in a while. Eating a healthier snack before dinner or the party will help you make better choices when the food is served.

Take a breather- Take time to be alone and think about what you need to get done or have done already. Taking a walk, listening to music- anything that clears your head, brings a sense of calm and slows your breathing.

Rethink resolutions- Setting smaller and more specific goals within a practical time frame will guarantee success. Do not set yourself up for failure by choosing unreachable resolutions for the New Year.

Forget about perfection- No one is perfect and the holiday season can bring out the need for people to feel they have to be. "Except and accept imperfections". weeks.



Recipe: Whole Wheat Banana Orange Nut Bread

Ingredients:

3 ripe bananas
1 orange squeezed and rind grated
1 cup cranberries
2 eggs, well beaten
2 cups whole wheat flour
3/4 cup sugar

1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
1/2 cup coarsely chopped walnuts

Directions:

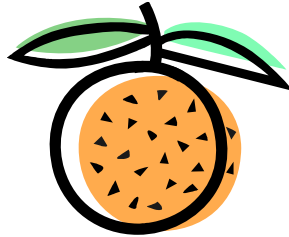
Preheat oven to 350 degrees. Grease a loaf pan. Mix

the bananas, cranberries, orange juice, rind and eggs in a large bowl. Stir in the flour, sugar, baking soda, baking powder, and salt. Add the walnuts and blend. Put the batter in the pan, bake for one hour. Remove from pan to a rack. Serve warm with a drizzle of honey and enjoy!

FYI: Vitamin C

Should you be increasing your vitamin C intake at the first sign of a cold?

Studies have shown that it does NOT decrease the incidence of colds. But, it has been shown that adults that regularly take vitamin C (1gm/day) had cold symptoms for 8% fewer days and 14% fewer days for children. The best way to protect against colds is



to wash your hands frequently.

What benefits does vitamin C have? Vitamin C contributes to healthy bones, aids in wound healing and iron absorption, protects lung function, and many more health benefits.

How much vitamin C should you be taking?

The Recommended Daily Allowance is 90 mg/day for men and 75 mg/day for women. Another way to measure your intake is that a diet that contains five servings of fruits and vegetables (2.5 cups) a day should put you at about 200 milligrams a day, which

is more than enough.

What are the best food sources? Just a few are green leafy vegetables, citrus fruits, berries, tomatoes, and melons.

SOURCES: Douglas, R. *Public Library of Science Medicine*, June 2005; vol 2: pp 132-133. News release, Public Library of Science.



When baking use small cookie cutters, no one needs cookies the size of their head!

Every family seems to have a different way of celebrating Christmas. Each one has special traditional Christmas foods, special Christmas traditions and customs, and different ways of giving gifts. To spice up your holiday season, introduce a new festivity to your family!

Cut your own tree at a Christmas tree farm
Christmas caroling down your lane
Volunteer for a charity event
Decorate Christmas cookies
Decorate the house with lights
Sleigh ride
Ice skating

Fun Christmas countdown
White elephant exchange
Secret Santa gifts
Christmas cards/letters to friends and family

Something to Warm You Up

With the cold weather here and the stress of the Holiday season upon us, warm yourself up with a hot and healthy drink. Besides those toasty drinks making you feel warm and cuddly, they actually are good for you. Hot cocoa made with dark chocolate, has been proven to help lower high blood pressure. It can also increase serotonin levels which can give you a calming and soothing effect.

If you don't like that chocolatey taste, grab a mug of hot apple cider, BUT make sure you add the cinnamon. Cinnamon has been shown to improve glucose and cholesterol levels in the blood. And apples are an antioxidant which protects brain cells and can also protect against colon cancer, heart disease and diabetes.

So when you sit down to have that warm mug of holi-

day cheer, you're actually helping your body stay healthy in the cold, cold weather. (WebMD)



Finding the Right Fitness Club for You

Many start off the New Year with resolutions to be healthier, workout more or to lose weight. Often along with those resolutions comes buying a membership to a health club or gym. Believe it or not, 33 million Americans currently belong to a gym. Before joining the masses, it is important to find a club that suits your individual needs and budget. Here are 5 tips to consider before signing on the dotted line.

Location: Find a club near your home or work. If it is far away it may feed one's excuses to not go because

it takes too much time.

Try Before You Buy: Get a free pass and workout at a time that you would normally go

Find out What Programs They Offer: If you like exercise classes; see what they offer and the times. Are times convenient? Look at personal training or child care if these are important to you.

Staff: Are instructors professionally certified? Are employees there to answer questions?

Costs and Contracts: Stick to your budget! Carefully look at contracts and cancellation policies.



START DRINKING EARLY!

WATER, that is! Majority of people start drinking water after they have already shown symptoms of dehydration. It is important to start working on getting your daily intake of water right away in the morning. Most people know that in the summer months it is important to get enough fluids to replace water we lose trying to beat the heat. What most people don't know is that it is just as important to drink

enough water in the winter months as well. The truth is that our water intake is very important for many reasons. The amount of water we drink each day will regulate our body temperature, maintain proper organ function, lubricate and cushion our joints, aid in digestion, help flush out toxins as well as transport nutrients throughout our bodies. Being properly hydrated can actually even help you lose weight. But what if I told you by not drinking enough water you can actually gain weight? As we mentioned earlier, the

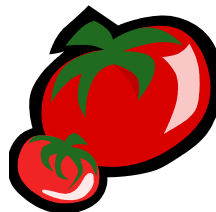
water in our bodies helps regulate our body temperature. If we do not drink enough water our body cannot properly maintain a healthy temperature. So if we are cold, our body will naturally store more fat to keep us warm. Not all too appealing now is it? So as we start out this winter season let's all make sure we are getting enough fluids. Your daily intake of water should be at least 64 oz and even more for those who exercise regularly.

“A workout is 25% perspiration and 75% determination”

Dietary Fiber: How much are you getting?

What is Diverticulitis Disease? This is an inflammation of the intestine that in western society is one of the most common age related disorders of the colon. This is a very painful disease and is estimated to occur in 1/3 of all those over age 45 and 2/3 in those over age 85. It has been found in recent studies that eating dietary fiber and insoluble fiber in par-

ticular was associated with a 40% lower risk of diverticular disease. So eat up on: Whole grains (whole wheat breads, barley, wheat couscous, brown rice, and bulgur), Whole grain breakfast cereals, wheat bran, seeds, carrots, cucumbers, zucchini, celery, and tomatoes.



Holiday Happenings in Oshkosh



Celebration of Lights

November 22, 2006 to January 1, 2007

Menominee Park

5-9pm. \$7 per carload or \$5 by a canned food donation.

Free admission December 7th, 14th, and 19th.

Dec 14-North, Station 17 and 19

5:00pm-8:00pm

EAA's Christmas in the Air presents Just "Plane" chocolate

December 11, 2006

EAA AirVenture Museum

Competition to discover the best chocolate dessert in the area. Musical groups from the Oshkosh area. Cookies and refreshments. Free admission!

2:00-8:00pm

Community Carol Sing at the Grand

December 17, 2006

Grand Opera House

Join the Oshkosh Area Com-

munity

Band and the Madrigal Singers from Oshkosh high schools as they celebrate the season with music. A free-will offering will be taken to benefit the Salvation Army.

Starts at 6:30pm. Free admission.

EAA AirVenture Museum

Kid's Days

Dec 26-29, 2006

EAA AirVenture Museum

Annual family event at the museum, with special activities and presentations. Fun for the whole family.

Starts at 10:00am

Holiday Food and Toy Drive

Oshkosh Firefighters and Santa will be driving the streets of Oshkosh collecting non-perishable food and toys for local charities.

Dec 5-South, Station 14

Dec 6-West of Hwy 41, Station 16

Dec 12-East and Northeast, Station 15 and 18

Dec 13-East of Hwy 41, Station 16

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Healthy Titans Mission

We are dedicated to educating, motivating, and empowering UW Oshkosh employees, their family members and students to make healthy life-style choices that provide for optimal health and overall quality of life.

Healthy Titans Vision

UW Oshkosh will be a role model among higher education institutions and employers in our community in providing innovative, collaborative and energizing programs for holistic growth in healthy lifestyles for the members of our campus community.