

# HEALTHY LIFESTYLES



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*Doc Says.....*

**THANKSGIVING means  
giving THANKS !!**

*It is not about the food*

**DON'T gorge ...  
MODERATION is the key**

## Enjoy Thanksgiving (Without Regrets)

- **Do NOT skip breakfast.** Breakfast is just as important on Thanksgiving as it is every other day. Of course you need breakfast to get your metabolism revved up for the day. Don't approach the Thanksgiving feast "starving", which leads to overeating.
- **Eat Turkey first.** It's always a good idea to get your protein in first. On Thanksgiving if you can eat your Turkey first, you will be less tempted to stuff yourself with less healthy choices.
- **Use a "small" plate.** Of course on Thanksgiving you are going to want to try a lot of different food. Using a smaller plate will help you control portion size and trick your mind into believing you are eating more than you actually are.
- **Make decisions ahead of time and stick to them.** If you know you love Aunt Lizzy's bread pudding, plan to eat some – but decide ahead of time how much, and be realistic about your decisions. Don't ruin your holiday by making yourself feel deprived. Just remember, the worst time to make a decision is while you are faced with the temptation.
- **Pace yourself – eat slowly and just enjoy the company.** It takes time for the stomach to signal that it is full. The slower you eat, the less food you consume before feeling satisfied.
- **Plan to have plenty of "clean" vegetables (or try the dip recipe on page 2).** Face it – they are good for you and they fill you up so you don't have as much room for the pies!
- **Keep only healthy "leftovers".** Leftover turkey and vegetables are good. Having a lot of pie, pudding, and potatoes around just provide temptation.
- **Thanksgiving is only ONE day.** Go ahead – celebrate! You can be thankful all year long, but get right back on track with healthy habits as soon as Thanksgiving Day is over!



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Page 2



## KEEP IT SIMPLE RECIPIES

If you've just gotta have dip with your raw veggies try this protein rich ranch dip. Just don't tell your family it's healthy and they will love it! It's great on chips also – but you better stick to the vegetables.

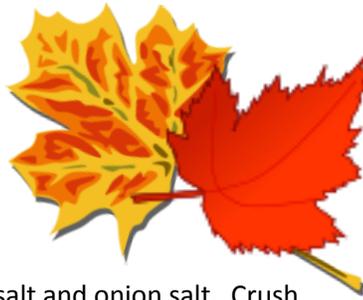
### **Super Simple Recipe:**

16 oz (2 cups) Plain **GREEK** yogurt (i.e. Chobani, Fage', Yoplait)  
Ranch Dip mix (i.e. Hidden Valley Ranch Dip Mix)  
Mix together well then chill for an hour or more before serving.

### **Simple Recipe: (and cheaper)**

16 oz Plain **GREEK** yogurt  
1 to 2 t. Onion salt  
1 to 2 t. Garlic salt  
1 T. Parsley flakes  
Salt

Mix together Greek yogurt, garlic salt and onion salt. Crush parsley flakes between fingers and add. Stir thoroughly then add salt to taste. May also add more onion or garlic salt to taste. Also try adding milk and whipping to desired consistency for a healthy **Ranch Salad Dressing**.



## Exercise Corner

The weather is getting colder and the days are getting shorter. It makes it hard to get out and go walking or jogging. So how do you keep aerobic exercise in your daily routine? Remember, variety is one key to sustaining an exercise program. So try something new. Whatever you do, **KEEP MOVING**; don't hunker down in front of the t.v. for long winter hours. Here are some ideas:

- Walk the mall
- Climb up and down a stair case
- Dust off the treadmill (or join a gym with one)
- Exercise with wii dance or exercise programs
- Use an exercise video
- Organize weekends to be outside during the warmest part of the day



## Did You Know?

Ever wonder why some people can eat anything they want and not gain an ounce while others seem to gain weight just by smelling chocolate cake? It's no secret that not all metabolisms are created equal. So what exactly is metabolism? It is the amount of energy (measured in calories) your body burns to maintain itself.

It is not really known why some people tend to have a higher metabolism than others, and certainly genetics plays a large role, which we really can't do anything about. However, there are things we do that affect our metabolism. It is important to note that people who constantly or frequently "diet" by eating too few calories can actually cause their metabolism to slow down in order for the body to survive.

Metabolism is also affected by our body composition. Muscle requires more energy to maintain itself than fat does. People who have more muscular bodies and lower body fat percentages tend to have higher metabolism.

After about age 30, our bodies gradually begin to lose muscle. So in order to increase our metabolic rate, it is important that we eat healthy and exercise – BOTH aerobic and resistance exercise. Building muscle and reducing fat can increase metabolism.

If you would like to know what your resting metabolic rate is, including the ideal amount of calories you need to lose weight, ask Dr. Andruss or a member of her staff. We would be happy to test you with our RMR machine.