

HEALTHY LIFESTYLES

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Doc Says.....

DESTRESS !

BE SMART !

MAINTAIN !

HAVE FUN !

Happy Holidays

Christmas season is a time for celebration! We light up our homes, bring trees into our living rooms, shop for gifts for each other, watch “feel good” movies, listen to Christmas music, and go to parties. Although it is the season of joy, it can also be the season of extra stress. Sure, the hustle and bustle is all part of the charm of the holiday season, but it is easy to rush around so much trying to get ready for Christmas, that it is over before we stop to enjoy it. If the holiday season is a stressful time for you, try some of these stress reducing ideas.

- Try to get essential things done early. Minimize last minute shopping.
- Prioritize! Choose those activities, social engagements, and items on the “to do” list which are most important to you. Don’t be afraid to leave some things undone and some events unattended.
- Get a good night’s sleep – every night.
- Relax! Find relaxation techniques that work for you and do them!
- Exercise – it’s a highly effective “cure” for stress and depression.
- Focus on the positive.
- Be grateful – take a lesson from Thanksgiving and ponder all the things you have to be grateful for. If the Holiday focus reminds you of things you do not have – replace depressing thoughts with thoughts of gratitude.
- CHOOSE to be happy.

Exilis Body Contouring Christmas Special

Purchase a 4 treatment package and get

40% off the original price!

Just \$600.00 for 4 treatments! Offer expires Dec 31st



KEEP IT SIMPLE RECIPES

It's soup season! What a great time to try some new, nutritious, filling, and satisfying recipes. Just remember – tomato base is better than cream base. Use lots of vegetables, and if you use meat – make sure it is lean! Beans are good in soup (as well as chili) and are a good source of protein. If you don't use protein in your soup, remember to have some with it. Most soup recipes are versatile and easy to customize to individual tastes. Soup and chili can be made in a big pot and then enjoyed all week long, saving a lot of time. Try this yummy recipe - or revise it to suit your family.

56 oz. chicken broth	Bunch of carrots - sliced
4 14 oz. cans crushed tomatoes	Bunch of celery – sliced
4 cans green beans	4 bell peppers – diced
1 bag (16 oz.) frozen peas	2 packages Knorr vegetable soup mix
2 bunches green onions	(or onion soup mix)
1 t. red pepper flakes	salt and pepper to taste

Bring all ingredients together in a large pan. Bring to a boil. Remove from heat and let set overnight. Just heat and enjoy! ADD protein such as chicken, lean ground turkey, etc.

Dr. Andruss is now part of
WHOLE FIT !

Wellness Series

Every Thursday from 7 to 8 pm
120 W. 1470 S. – old desert palms

Enjoy this educational series and learn more about topics such as fitness, nutrition, life balance, emotional management, and relationships.

Check the Whole Fit web site for lecture series schedule

www.wholefitstgeorge.com
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WHOLE FIT Fitness Boot Camp

Every Thursday from 6-7 pm

120 West 1470 South – old desert palms bldg

\$5.00 per class – Kids are free

*****FIRST CLASS IS FREE*****

WholeFit of St. George welcomes you to join Certified Trainer, Tiffany Gust every Thursday evening for a Fitness Boot Camp designed to get your body moving and your spirits soaring. All fitness levels welcome!

Bring your own water, towel, and yoga mat if you have one.

Family Friendly – Kids are Free!

www.wholefitstgeorge.com

