



# HEALTHY LIFESTYLES



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**WITHOUT A GOAL,**

**HOW CAN YOU**

**SCORE ??**

## .....and a Healthy New Year!

The holidays are over and it is time to begin a new year! If you are like most people you probably feel a little tired, bloated and heavy. The tendency is to make all kinds of resolutions you'll never keep, go on a crash diet which ultimately fails, then maintain your new weight until next holiday season, where you pack on a few more pounds.

The truth is, the sooner you get back on track, the easier it will be for you to continue your weight loss journey. The first step in reversing the "post-holiday bloat" is to clean the kitchen – get rid of holiday leftovers - cookies, candy, caloric drinks, even Aunt Pat's famous fruit cake. Get rid of all of it. The next step is to "clean" out your body. Not only is all that salt, refined sugar, and starch not good for you, it also creates cravings for more, making it especially difficult after the holidays to resist those tasty unhealthy foods. Cleansing out your body does NOT mean trendy Hollywood colonics or super "detox" plans. However it is important to rid your body of excess sugar, salt, and toxins and their associated cravings. It is time to get the bad out and the good in!

If you follow these simple suggestions (you've heard them all before), you will be back to losing weight, and any extra holiday pounds will disappear quickly. **First** – STOP eating junk. Try 3-5 days without any complex carbs at all. Eat plenty of lean protein. **Second** – Eat your vegetables and fruits! Go ahead, go on a veggie binge! Try eating 7 to 12 servings of vegetables and fruit a day. Replace the starch you would normally eat with vegetables or fruit. Remember whole foods! Fresh is best, frozen is next, but canned will do in the absence of the other two. So for the next few days – "veg out". **Third** – Drink like a fish! That means water! Drink more water than usual – Guzzle it. Water will help your body eliminate waste and toxins. **Fourth** – Exercise! In addition to the obvious benefits, sweating is a natural method the body uses to get rid of toxins. Just don't go all gung-ho for a new exercise program you hate and will only last a very short time. Find activities you enjoy and it will be much easier to stick to them. It is also a good idea to stay off the bathroom scale for a while – it won't do you any good to beat yourself up. Today is a new day – you can do nothing about the past, but you have control over the present and certainly the future!!!



*"A Goal without an action equals nothing"*

*-----Anita Canfield*



## KEEP IT SIMPLE RECIPIES

VEGETABLES BORING? This month, try a new vegetable and/or spice up a common one. How about Kale, Okra, Egg Plant, Rutabagas, Wasabi Root, or Leeks? Try one of the recipes below from the [Cooking Light Complete Cookbook](#)

**Stewed Okra:** Combine 4 cups frozen cut okra; 1 (14.5-ounce) can stewed tomatoes, undrained; ½ teaspoon sugar; and ¼ teaspoon crushed red pepper in a saucepan. Bring to a boil; then cover, reduce heat, and simmer the okra 10 minutes. (8 servings)

**Italian Broccoli:** Steam 1 pound broccoli spears, covered, 5 minutes or until crisp-tender. Toss with 3 tablespoons fat-free Italian dressing; sprinkle with 2 tablespoons grated Parmesan cheese. (4 servings)

**Kale with Lemon-Balsamic Butter:** 2 (1 lb.) bunches kale, 1 ½ tablespoons butter, ¼ c. raisins, 1 ½ tablespoons lemon juice, 1 ½ tablespoons balsamic vinegar, sprinkle of salt and pepper.  
Remove stems and center ribs from kale. Wash and pat dry then coarsely chop. Bring 2 quarts water to a boil then add kale. Cover and cook 3 minutes. Drain well and place kale in a bowl. Set aside. Melt butter in a small skillet over medium-high heat; cook 3 minutes or until lightly browned. Stir in raisins, juice, and vinegar; cook 30 seconds, stirring constantly with a whisk. Pour butter mixture over kale. Sprinkle with salt and pepper; toss well to coat. Makes about 5 one cup servings.

## SHOPPING LIST

- Skim milk
- Chicken
- Cottage Cheese
- Eggs
- Greek yogurt
- Okra
- Broccoli
- Cauliflower
- Kale
- Green Beans
- Peppers
- Onion
- Spinach
- Celery
- Beets
- Lettuce
- Mushrooms
- Raisins
- Apples
- Fresh tomatoes
- Stewed tomatoes

### Whole Fit Wellness Classes

Thursdays from 7 to 8 pm

\$20.00 per class (1<sup>st</sup> class is free!)

Check website for subject schedule [www.wholefitstgeorge.com](http://www.wholefitstgeorge.com)

### Fitness Boot Camp

Thursdays from 6-7 pm

120 West 1470 South, St. George

\$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](http://www.wholefitstgeorge.com)



Mom says....

**“EAT YOUR  
VEGETABLES”**