

# INNER STRENGTH

Fit Words for Everyday People

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**Ho-ho Uh-oh?** For most families, life turns even topsy-turvier than usual during November and December, as we squeeze extra entertaining, baking, shopping, errands, concerts, and parties into our already busy schedules. Combine that with all the tempting treats that accompany so many seasonal traditions. It's essential to find ways to fit in some family holiday fitness, and I promise there are ways to do it that won't turn you into a **GRINCH**.

**Registering Now!** Hi 5 Fitness ([www.Hi5Fitness.com](http://www.Hi5Fitness.com)) for ages 5 to teens coming January 12<sup>th</sup> to Tone Up Raleigh. Get your children started on a lifelong love for fitness and healthy eating with Hi 5 Fitness. Our programs address two very important components of fitness: **activity and nutrition**. We build strong bodies and strong minds while kids have a blast. We will do fun activities together in a non-competitive environment such as building obstacle courses as well as preparing super healthy foods. We will also take a trip or two to the grocery store to talk about what is healthy to eat and what smart choices they can make. This program is designed for all boys and girls ages 5 through teens & our schedule is grouped by ages. We offer a simple schedule on multiple days that offer you the flexibility you need to work with your child's busy schedule. And it's very affordable! Visit [www.Hi5Fitness.com](http://www.Hi5Fitness.com) today or call us at 919-900-7569 to register. We accept checks as well as Visa, MasterCard and Discover. **NOW** is the time to get started to help your child *just 2b fit*. Happy Holidays! Susan

## The **Skinny** Of the Month



### Easy Tips on How to Survive the Holiday Food Frenzy

- 🍎 Focus on talking more to party guests and eating less.
- 🍎 Avoid hanging around the buffet table at social gatherings.
- 🍎 Stick to high protein foods, fruit and veggies. Go for the turkey, the sliced meats, the fresh fruit and raw veggies.
- 🍎 Avoid high fat hors d'oeuvres such as cheese, nuts, saucy tidbits and anything fried. Instead, nibble on the veggies, chew gum, and talk a lot.
- 🍎 Eat before you go to a holiday gathering. Have a small meal such as fruit and low fat cottage cheese, yogurt, a low-calorie protein shake, a handful of grapes or an apple.
- 🍎 Make yourself the designated driver. This will help you avoid calorie-laden alcoholic beverages.
- 🍎 Plan holiday activities around things other than food such as a sightseeing trip (preferably walking) to view the colorful decorations and lights in your neighborhood or town; a walking window-shopping expedition at your favorite mall; a trip to the woods to chop down your own tree; a tree-trimming party where everyone brings their favorite low-cal treat; a caroling party to go from house to house and sing.
- 🍎 Bring your favorite low-fat recipe to a holiday event or dinner. Eat your treat more than others. Taste tempting treats but limit yourself to one small bite.

## No More Excuses!

### Meet Louise...



Louise @ Tone Up

Have you ever met someone who doesn't look their age, nor act like it? That perfectly describes Ms. Louise. While she is my oldest client at age 87, she amazes me with her attitude, smile, and determination. I'd like to think I'll look that great and feel that amazing when I am 87. She drives herself to the gym, briskly walks on the treadmill, and then wants to lift more weights than I think she should. She told me recently during one of our workout sessions, "You know, I use to belong to Gold's Gym so I can lift even more than you think I can!" And she's right too. I asked her what keeps her motivated to live such a healthy lifestyle. She told me that it's the fact that she always wants to feel the way that she did when she was young. A few other interesting notes: her favorite food is Bush's beans and while she does have a bit of a sweet tooth, she does eat lots of very healthy vegetables and fruits. Keep up the great work Ms. Louise. You're an inspiration to us all to make smart, healthy life-long decisions. ☺

*As a person who once weighed 300 pounds and has lost 'half my size,' making healthy choices has become part of my life. If you are looking for an extra person on your team to help you improve your life and meet fitness goals designed for you, I'd love to talk with you. Visit [www.SusanCaldwell.com](http://www.SusanCaldwell.com) for more information.*