



Health & Fitness Weekly Wellness Message

This time of year is full with parties and social gatherings around food. NDU is no exception. Last week we celebrated the holidays at NDU's Holiday Fest 2011; good times and lots of food and drink were had by all! From Thanksgiving to the New Year it can be challenging to maintain a healthy lifestyle and to maintain your weight. It's important to remember to take part in the fun and to take good care of yourself and your body by practicing moderation. Though at times it may seem difficult, staying healthy over the holidays has many rewards.

One way to maintain your weight during the holiday is to make good choices when faced with a selection of holiday treats. Another is to remember the importance of portion control and to be aware when you've reached your serving limits. Don't get discouraged if you overindulge. Just return as soon as possible to your program of healthful and moderate eating.

Here are a few strategies to help you navigate through the holidays and the remainder of the month of December:

- Have a light meal or healthy snack before you arrive to a gathering. Don't plan to make a meal out of party treats.
- Drink plenty of water before the party.
- Eat and drink in moderation.
- Look for foods that are low in fat and sugar.
- Don't skip meals the morning of the party.
- Bring a healthy dish to share like vegetables with a salsa or an oil-free dip, or a fruit salad.
- Don't spend too much time near the food; you're more likely to eat more if you do.
- If you do have more than your share at a party, remember to eat light the next day or add some time to your workout.



Looking to make a change to improve your health in the New Year? With the New Year upon us, it's a great time to evaluate that resolution! Maybe you would like to lose weight? Perhaps you feel tired and realize that you just need to eat better to feel more energized? Do you feel like you need support to help you reach your health/lifestyle goals? If you can answer yes to any of these questions, then we have the program for you!

Health Fitness will be offering a 10 week healthy eating/weight management program starting on January 10th and January 12th. The program, Portion off the Pounds (POP) will help you learn how to eat healthier, "size up" proper portions, and offer support through weekly weigh-ins. Bring your lunch and join us on Tuesday or Thursday afternoons from 1145-1245. Classes will be held in Building 59, Room 107. The program is open to all active duty and DoD civilians and contractors. Questions can be directed to Nancy Gouveia at 202-685-0448 or via email at nancy.gouveia@ndu.edu. If you would like to register, send an email with "Register for POP" in the subject heading along with the class you would like to attend (either Tuesdays or Thursdays).

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