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What's Happening this Month:

- * Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietitian, be reminded of program events and updates, and access recipes!
- * Our December Support Group for post-weight loss surgery patients is Tuesday, December 29 from 6 – 7 p.m. This support group will be held virtually, so please check our online support group for the link to access, or message the dietitian at tbalestrieri@capitalhealth.org to receive the link.
- * If you had surgery and are not a member of our Post-Op Online Support Group, the Capital Health D.R.E.A.M. Team, please e-mail Theresa at tbalestrieri@capitalhealth.org so she can e-mail you the link and accept your request. This is a great way to obtain support from our program and other post-op patients in our program right at your fingertips, 24/7!
- * Is someone in your life thinking about weight loss surgery? Bring them to Dr. Chung's information session on Wednesday, December 16 from 6 – 7 p.m. To register, call our office to speak to Amy at 609.537.6777.
- * For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program, featuring great tasting Robard's New Direction Products! Weekly visits with our dietitians help you develop skills to lose weight (and keep it off) and customize the meal replacement plan to meet your needs! Call our office at 609.537.6777 to schedule your first appointment with Dr. Anwar.

HOLIDAY HOP: INCORPORATING INDOOR EXERCISES

by Elizabeth George, Dietitian at
Capital Health Metabolic & Weight Loss Center

When the weather turns bitter cold, exercising outdoors can be difficult to bear. Finding the motivation to venture into the elements or get the right equipment for bad conditions can be a challenge. Luckily, there are ways to get around these exercise roadblocks and keep moving through the holidays!

Maintaining your exercise routine throughout the winter has enormous benefits. Moving around releases endorphins, helping us feel cheerful despite the shorter days. Consistent physical activity can also help us stay warm and limber throughout the season.

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HOLIDAY HOP: INCORPORATING INDOOR EXERCISES *continued*

The Physical Activity Guidelines for Americans from the U.S. Department of Health and Human Services recommends at least 150 minutes of moderate intensity aerobic activity each week, along with strength training two times a week. It only takes three weeks of inactivity to start losing lean muscle mass, so taking a break on our exercise routine throughout the holidays can make it difficult to resume and puts us at risk for injury and/or losing range of motion once we restart.

Follow our tips below for exercising safely outside (or bringing your exercise indoors):

BRAVING THE OUTDOORS

When venturing out in the cold, it's important to be aware of your surroundings. If the temperature has been below freezing (32° F), there is a risk for black ice. Black ice can be very slippery and difficult to spot, so make sure that roads and sidewalks have been salted before going outside, and be on the lookout for shiny patches on the ground.

Wearing the right gear can make a big difference with your winter workouts. Make sure to cover up and wear a hat and gloves to help keep your body heat in. If there is snow, make sure that your shoes properly prevent it from getting into your socks, since this can lower your body temperature.

Holidays bring families closer, so get everyone in your house involved and moving by walking around your neighborhood. If your neighbors set up holiday light displays, enjoying them while you walk can make your exercise time go by in a flash!

FILL 'EM UP

Going to the gym provides a variety of options in terms of equipment. When we are working out at home, we might not have access to equipment, but with a simple DIY project, you can make your own!

Save your empty laundry detergent bottles and fill them with sand, rice, or water to create your own weightlifting gear. If you're just starting to incorporate strength training into your exercise routine, fill the bottles part way and gradually add weight to the containers as you increase your strength.

DO MORE WITH YOUR DÉCOR

Make decorating part of your workout by playing a fun exercise game as you unpack decorations you haven't seen in a while.

For each item you find on the list below, perform the corresponding exercise:

Snowflake	10 wall-assisted pushups
Cookie cutter	10 jumping jacks
Holiday light or candle	10 crunches
Ribbon	10 seated leg lifts (each side)

By the time you're done decorating, you will have completed a total body workout!

HOLIDAY HUSTLE

Crank up the holiday jams and dance around the house! Dancing is a great way to work up a sweat while still having fun, so make a playlist of your favorite holiday music for inspiration. Make a game of it by keeping your feet moving back and forth through each song, and when you hear any of the words listed below in the lyrics, perform the corresponding action:

- ... Jingle = two hops forward
- ... Cold = two hops to the side
- ... Joy = pretend to hula-hoop
- ... Twinkle = raise your arms up and stretch

Feel free to change the words and choose some that match the songs on your holiday playlist!





HERB RUBBED TURKEY AU JUS

From MayoClinic.org

NUTRITION INFO – PER SERVING

(Serving size: about 4 oz. light and dark meat)

215 CALORIES ▪ 5g CARBOHYDRATES
37g PROTEIN ▪ 3g FAT

INGREDIENTS

TURKEY:

- 1 whole turkey (about 15 lbs.), thawed
- 1 tbsp olive oil
- ½ cup water

HERB RUB:

- 2 tsp dried sage
- 1 tbsp dried thyme
- 2 tbsp chopped fresh parsley

AU JUS:

- 2 tsp dried sage
- 1 tbsp dried thyme
- 2 tbsp chopped fresh parsley
- 2 tbsp honey
- ½ cup apple juice
- 1 cup defatted pan drippings

DIRECTIONS

1. Preheat oven to 325° F.
2. In a small bowl, combine the sage, thyme and parsley to make the rub. Mix well and set aside.
3. Remove the neck and giblets from the turkey and discard. Rinse the turkey inside and out with cool water. Pat dry with paper towels.
4. Starting at the neck area, insert fingers or a spoon between the layer of skin and meat to gently loosen the skin. Place the turkey breast-side-up on a rack in a roasting pan. Add about 1 tablespoon of the herb mixture under the skin of each breast. Rub the outside of the turkey with the olive oil. Rub the remaining herb mixture over the outside of the bird. Loosely tie the legs together. Place into the middle of the oven.
5. After about 1 ½ hours, cover the turkey with a tent of foil to keep the skin from getting overcooked. Roasted for 3 to 3 ½ hours. The turkey is done when the thigh is pierced deeply and juices run clear (180° to 185° F) or when the breast muscle reaches 170° to 175° F.
6. Remove the turkey from the oven. Let stand about 20 minutes. Add ½ cup water to the pan, then scrape up the drippings and browned bits. Pour into a gravy separator or skim off the fat. Set aside.
7. In a saucepan, combine the sage, thyme, parsley, honey and apple juice. Simmer over medium heat until reduced by half. Add the defatted pan drippings and bring to a low boil, stirring often.
8. Carve the turkey and drizzle turkey slices with sauce. Serve immediately.



PEPPERMINT MERINGUES

From SkinnyTaste.com

NUTRITION INFO – PER SERVING (Serving size: 3 cookies)

21 CALORIES ■ 5g CARBOHYDRATES
0.5g PROTEIN

INGREDIENTS

- 3 large egg whites
- $\frac{3}{4}$ cups sugar
- 1 drop peppermint concentrate, or $\frac{1}{2}$ tsp pure peppermint extract
- Red gel-paste food coloring

DIRECTIONS

1. Preheat oven to 175° F. Line two baking sheets with parchment paper, then fit a pastry bag with a small open-star tip (such as Wilton M1) and set aside.
2. Place egg whites and sugar in the heatproof bowl of an electric mixer.
3. Set bowl over a pan of simmering water, and stir gently until sugar has dissolved and mixture is warm to the touch (2 to 3 minutes).
4. Transfer bowl to an electric mixer fitted with the whisk attachment.
5. Whisk on medium-high speed until stiff peaks form.
6. Mix in peppermint concentrate.
7. Using a new small paintbrush, paint 2 or 3 stripes of red food coloring inside the pastry bag.
8. Fill bag with 1 to 2 cups meringue.
9. Pipe small star shapes (about $\frac{3}{4}$ inch high) onto prepared baking sheets.
10. Refill bag as necessary, adding food coloring each time.
11. Bake cookies until crisp but not brown, approximately 1 hour 40 minutes.
12. Turn the oven off and leave cookies in the oven for 30 minutes.
13. Let cool completely on sheets on wire racks, then place in a sealed container.



ROASTED PROSCIUTTO WRAPPED ASPARAGUS BUNDLES

From *SkinnyTaste.com*

NUTRITION INFO – PER SERVING (Serving size: 1 bundle)

65 CALORIES ■ 6.5G CARBOHYDRATES
7G PROTEIN ■ 2G FAT



INGREDIENTS

- 1 ¼ lb. thin asparagus spears, tough ends trimmed
- extra virgin olive oil spray (approx. ¼ tsp)
- fresh cracked pepper to taste
- 4 slices (2 oz.) thinly sliced prosciutto

DIRECTIONS

1. Preheat oven to 400° F.
2. Lightly spritz asparagus spears with extra virgin olive oil spray. Season with fresh cracked pepper and divide into four bundles.
3. Use a slice of prosciutto to wrap each asparagus bundle and place on a baking dish seam side down.
4. Bake 12 minutes or until asparagus is tender/crisp.



Product of the Month RESISTANCE BANDS

Resistance bands are a convenient option for working out at home. Great for any fitness level, resistance bands can be used to intensify body weight exercises or in the place of weights. They are small and easy to store without taking up too much space! Workouts can be found online, some of which are free on YouTube. Resistance bands can be purchased from Amazon and other retail stores for \$18 - 30.

