



**Hi, Everybody!** The Holidays are upon us and as we wrap up another year, let's not forget to make good decisions for our health. Give yourself the gift of wellness through the holiday season by getting enough rest, not overindulging, staying hydrated, and continuing as best as you can with your workouts and classes. You will feel better for it and "Rearing and Ready" as you head into the New Year! I am looking forward to seeing you all at our upcoming FitStop Holiday/Anniversary party Monday December 11<sup>th</sup> at 6:00 at Barbagallo's Restaurant. For the bakers out there; feel free to bring a favorite dessert to share with us at the party! Be sure to R.S.V.P. as soon as possible if you have not done so already. I cannot believe we are celebrating our 8<sup>th</sup> year here at the FitStop. I guess time flies when you are having fun... and we do have a lot of fun!! Have a healthy and happy Holiday Season!



### CELEBRATING YOU!

#### December Birthdays:

- 12/02 Theresa H.
- 12/07 Rob S.
- 12/14 Vicki M.
- 12/15 Sherri D.
- 12/20 Kathy B.
- 12/21 Jimmy C.
- 12/23 Pam S.
- 12/27 Usha S.
- 12/27 Patty A.

### Welcome New Member!

We'd like to give a big welcome to new member Rob S! We are very happy to have you here with us!

#### \*\*REFER-A-FRIEND\*\*

Any current member who refers a friend who signs up for a 12-month Basic or Select membership will receive a \$50 Visa gift card for the referral!

**Building a Better Plate:** The party season is here and if we're not careful, some of us can spend the better part of the new year trying to undo the damage. But it doesn't have to be this way. No matter what the celebration is, try these quick tips from this month's IDEA Fitness Journal, to build a healthier holiday plate:

\* Fill your plate with non-starchy vegetables, such as asparagus, broccoli, cauliflower, leafy greens, peppers, eggplant and green beans.

\* Take no more than a fistful of starchy stuff, and make it a "smart carb" choice, such as sweet potatoes, winter squash, beans, lentils or brown rice.

\* Get in a good amount of protein. Aim for 6 ounces, which will help you feel full and fuel your body. Ideas include lean poultry, fish, eggs, plain yogurt and beans.

\* Choose healthy fats (which also help with appetite and satiety), such as olive oil, nuts and avocado.

**Holiday Party Makeover:** Avoiding the "party pig-out," can be challenging. In case you need a reminder, never arrive hungry, and always be sure to drink plenty of water. Having a pre-party snack with adequate fiber and protein is your best strategy for avoiding guilt after the event. Now that you are thinking with a clear head, here are some simple swaps, again from the December 2017 issue of IDEA Fitness Journal, so you can eat, drink and be merry without adding extra pounds. Instead of baked brie; try fruit and cheese. Instead of sugar and spiced nuts; try plain mixed nuts. Instead of spinach and artichoke dip; try guacamole and salsa with vegetables. Instead of a cheese and meat platter; try shrimp cocktail and chicken kabobs.

Instead of cocktails, try red wine. And lastly instead of baked goods; try fruit with whipped cream!

**Recipe for Baked Apples:** Baked apples are a wonderful seasonal dessert with little or no sugar added. The fiber, healthy fat and protein from the walnuts, combined with the sweetness of the apple and the dried fruit, will satisfy any sweet tooth. Give this recipe a try: Preheat oven to 350 degrees. Combine 1T walnuts (or nuts of your choice), chopped, 1T raisins (or any dried fruit of your choice), 1T dried cranberries, 1/2 t cinnamon and 1/4 t nutmeg in a small bowl. Place 2 apples (note: Granny Smith and Honey Crisp hold their shape well when cooked), washed and cored, in small baking dish or loaf pan. Fill the core of each apple with the fruit and nut mixture. Pour 1/4 C. water into the dish (optional; drizzle 1t. of raw honey or maple syrup over the apples). Cover with foil and bake for 20-30 minutes, or until apples are tender. Enjoy!

### Something to think about:

"He who sows courtesy reaps friendship, and, he who plants kindness gathers love."  
\_\_\_\_\_ Saint Basil

"Give to the world the best you have and the best will come back to you"  
\_\_\_\_\_ Madeline Bridges

**ANY NEWSLETTER IDEAS?** Let me know if you have an idea to share with our members or if you would like to promote something that our members may be interested in. **ANY WEBSITE UPDATES?** If you would like to add or update your own personal FitStop fitness testimonial at Kathysfitstop.com, please email your story to me at [kathysfitstop@aol.com](mailto:kathysfitstop@aol.com).