



Magic City Enterprises Wellness Newsletter



This Months Issue:

- Hosting your Holiday Party
- Tips for Healthy Eating
- Recipe Corner
- Employee Challenge
- Resources
- Important MCE dates

December Calendar

December 1
World AIDS Day

December 1-5
Older Driver Safety Awareness Week

December 1-31
National Safe Celebration Month

December 1-31
Safe Toys and Gifts Month

December 7-13
National Influenza Vaccination Week

How to Host a Safe Holiday Celebration

"Tis the season to be jolly...". The holiday season is upon us, signaling the start of celebrations across the country.

A holiday party can be a great way for friends and family to unwind and have a little fun; however, such festivities can also spell heartbreak if they are not handled well.

Finding a balance between fun and safety is the key, and a little planning and caution can go a long way to keeping holiday celebrations safe and fun.

One of the biggest potential problems that you might face when hosting holidays parties is the problems that arise when alcohol is served. Imagine the pain of knowing that someone you know and love was involved in an alcohol related accident or worse hurt someone else. Also you may be held liable if an under-age guest consumes alcoholic beverages at your event, then causes injury

to him or herself or injures a third-party. It is easy to see why taking safety precautions is such a crucial step in planning your party.

To reduce your chances of things going seriously wrong during a holiday party, consider alternatives to the traditional, try hosting a holiday party where alcohol is not served. This would also give you the opportunity more families, especially those with small children. Family-friendly events foster positive relationships particularly for those of your friends trying to teach similar values to their kids.

Non-alcohol parties will drastically minimize the chance of unflattering behavior of course make the roads safer for everyone when it's time to call it a night.

If you feel you must have alcohol at your party consider the following

"Safe Celebration" tips:

Set limits on the amount of alcohol at the party.

Provide plenty of non-alcoholic alternatives for partygoers

Provide transportation taxis, or pre-arranged designated drivers for all partygoers

Monitor party-goers' behavior to ensure that no one is putting themselves in harm's way and identify those individuals whose alcohol consumption has exceeded an appropriate tolerance level

Holidays festivities are meant to be enjoyable and an opportunity to celebrate with loved ones. By taking the proper precautions and with an ounce of planning, your next party is sure to be a fun-filled and safe celebration.

10 Tips for Healthy Holiday Eating

1. Be realistic. Don't try to lose pounds during the holidays, instead try to maintain your current weight.

2. Plan time for exercise. Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10 - or 15-minute brisk walks twice a day.

3. Don't skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.

4. Survey party buffets before filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate

balanced.

5. Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.

6. Be careful with beverages. Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.

7. If you overeat at one meal go light on the next. It takes 500 calories per day (or 3,500 calories per week) above your normal/maintenance consumption to gain one pound. It is impossible to gain weight from one piece of pie!

8. Take the focus off food. Turn candy and cookie making time into non-edible projects like

making wreaths, dough art decorations or a gingerbread house. Plan group activities with family and friends that aren't all about food. Try serving a holiday meal to the community, playing games or going on a walking tour of decorated homes.

9. Bring your own healthy dish to a holiday gathering.

10. Practice Healthy Holiday Cooking. Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier.



Diabetic Friendly Apple Spice Bars

Ingredients

Nonstick cooking spray
 3/4 cup all-purpose flour
 1/2 cup white whole wheat flour
 1/4 cup flax seed meal
 1 teaspoon baking powder
 1 teaspoon ground cinnamon
 1/2 teaspoon baking soda
 1/2 teaspoon ground ginger
 1/4 teaspoon salt
 1/8 teaspoon ground cloves
 1 egg, lightly beaten
 1 6 - ounce carton plain low-fat yogurt
 1/3 cup packed brown sugar or brown sugar substitute* equivalent to 1/3 cup brown sugar
 1/4 cup unsweetened applesauce
 3 tablespoons vegetable oil
 1 tablespoon molasses
 1 large apple (such as Granny Smith, Braeburn, or Gala), cored and finely chopped (1 cup)
 2/3 cup frozen light whipped dessert topping, thawed

Directions

Preheat oven to 350 degrees F. Lightly coat an 8x8x2-inch baking pan with cooking spray; set aside.
 In a large bowl, stir together all-purpose flour, white whole wheat flour, flax seed meal, baking powder, 3/4 teaspoon of the cinnamon, the baking soda, ginger, salt, and cloves. In a medium bowl, combine egg, yogurt, brown sugar, applesauce, oil, and molasses. Add egg mixture to flour mixture; stir just until combined. Fold in apple. Spread batter evenly in the prepared baking pan.
 Bake about 35 minutes or until a toothpick inserted near center comes out clean. Cool slightly on a wire rack.
 To serve, cut cake into squares. Serve warm. Top each serving with whipped topping and sprinkle with the remaining 1/4 teaspoon cinnamon.

Tip* Sugar Substitutes: Choose from Sweet' N Low Brown or Sugar *

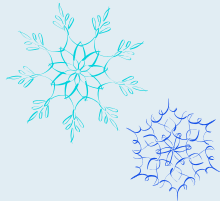
Sugar Substitutes: PER SERVING WITH SUBSTITUTE: Same as above, except 162 calories, 21 g carb., 184 mg sodium

*Sugar Substitutes: Exchanges: 1.5 other carb., 1.0 fat

*Sugar Substitutes: Carb Choices: 1.5
 Nutrition Facts Per Serving:
 Servings Per Recipe: 9
 PER SERVING: 193 cal., 7 g total fat (1 g sat. fat), 25 mg chol., 186 mg sodium, 29 g carb. (2 g fiber, 13 g sugars), 4 g pro.

Diabetic Exchanges
 Other Carb (d.e): 2; Fat (d.e): 1

"Live life, you deserve to be fully alive."



Employee Challenge

It is unreasonable to expect to lose weight over the holiday season so don't torture yourself, work instead to maintain your pre-holiday weight. While it is tempting to indulge in all of the high fat, high sugar treats that come with time of year, try adding more seasonal and colorful fruits and veggies to your meal plan. Plan family activities that involve getting up and out if possible. The colors of the season can be breath-taking at this time of year during an after dinner walk.

Resources

American Association of Poison Control Centers
 (800) 222-1222

NEDA (National Eating Disorders Hotline)
 Helpline
 (800) 931-2237.

National Domestic Violence Hotline
 (800)799-SAFE (7233)

National Suicide Prevention Lifeline
 (800)273-TALK (8255)

Alcohol and Drug Helpline
 (800) 821-4357

National Help Line for Substance Abuse
 (800) 262-2463

Families Anonymous
 (800) 736-9805

Girls & Boys Town National Hotline

Important MCE Dates

Thursday December 11th

9.30-11.00 MCE Wellness committee meeting. 1780 Conference room.

11.30-1pm Stress mismanagement for employees. Deming

MCE Christmas Party..... Staff, clients and families welcome. Little America 6-8pm

Thursday December 25th

Christmas Day– Be safe and Healthy

To join the MCE Wellness committee contact Mandy Liley on Ext 225
 For information on MCE programs go to mcewo.org

