

Think Outside the (Gift) Box

Choosing meaningful gifts can be a challenge when we all have more than we need. Think creatively to avoid the re-gift pile.



Give the Gift of Health – With busy lives, we often forget about self-care. Provide some much needed TLC with these thoughtful gifts.

- **A massage and day by the pool** – spas like Le Scandivave and Body Blitz offer use of their waters with a spa treatment.
- **A SAD light** – for some, the long dark winters can affect mood. Light therapy can help improve health and fight fatigue.
- **Gait analysis** – perfect for somebody getting started as a runner, this can help to reduce injuries and correct imbalances.
- **Fitness date for two** – Attend a fun, new class such as aerial yoga and follow it up with a healthy lunch.
- **Cooking course** – a valuable skill for young adults with new independence or those learning to get healthy and save money.

Give your Time – For many people, more hours in the day is all they really need. Find creative ways to make life easier for others by sharing your skills and hobbies.

- **A night out** – arrange an evening out and a babysitter.
- **Meal delivery** – prepare and freeze weeknight meals; make homemade soup or baking mixes, or find a service that can provide healthy meals for busy individuals.
- **Maid for the day** – if you're an expert organizer, offer to clean out the closets, scrub the floors and help to declutter.

Give on their Behalf

- **Support the [Shoebbox Project](#)** - assemble a box of goodies that will be given to a woman living in a shelter during the holidays.
- **Invest in global entrepreneurs** – choose a project, get repaid and invest in a new venture through [Kiva.org](#).
- **Start a tradition** - sponsor a child, buy goats or provide other necessities for those in need through organizations such as [Heifer.org](#), [World Vision](#), [UNICEF](#), [The Water Project](#) or [The Red Cross](#) or any charity close to your heart.

http://www.huffingtonpost.com/2014/02/18/the-9-essential-qualitie_n_4760403.html

Tri Fit Cooks

Holiday Entertaining

Our Tri Fit Cooks love the holiday season! And we love our holiday treats. See how you can modify most recipes to “health” them up without compromising the taste and quality of the product.

- **Flavouring for Sugar:** Reduce the sugar by ½ without affecting product quality. Intensify flavour by adding vanilla, nutmeg or cinnamon.
- **Unsweetened Applesauce for Sugar:** Swap out sugar for applesauce on a 1:1 ratio. However, for every cup of applesauce used, cut the liquid by ¼ cup.
- **Puréed Fruit for Fat:** Substitute applesauce, mashed banana or prune purée for half the butter, oil or shortening on a 1:1 ratio.
- **Herbs for Salt:** Use herbs, spices, citrus juices such as lime or lemon juice, and herb blends to cut sodium content.
- **Black Beans for Flour:** Swap out 1 cup of flour for 1 cup of pureed black beans (15 oz can). Not only does this add protein, it tastes great!

Try our featured recipe on the next page using applesauce instead of sugar.

<http://greatist.com/health/83-healthy-recipe-substitutions>

Healthy Holiday Hints

The holiday season is a joyous time but the stress of shopping and merry-making can take its toll on our health. What strategies can you use to increase your resilience? We asked our Tri Fit staff for tried-and-true tips to stay healthy over the holiday season and the following is our gift to you!



Build short bouts of activity into your day: Take frequent movement breaks at the office; take a brisk mall walk before you start shopping; park at the back of the lot to avoid parking wars and increase activity.

Trim your menu: Instead of appetizers and pre-dinner drinks, offer an assortment of cut up fruit and vegetables to add to sparkling water. Cucumber, strawberries, mango and ginger are great choices.

Socialize the healthy way: Head to the skating rink with friends and a thermos of warm drinks or walk to view the holiday-lit displays and homes. This allows you to squeeze in exercise while celebrating the season.

Stay connected: Turn tasks such as shopping, gift-wrapping and baking into social events. Invite friends and family to share in the activity.

Give back to your community: Research shows that taking part in volunteer or charity events improves mental health and creates positive feelings.

Practice good hygiene: Holiday season stress can strain the immune system so wash your hands often and carry sanitizer wipes or lotion on shopping trips.

De-stress with sleep: Adequate sleep is the best defence against stress. Strive for 7-8 hours most nights of the week.

Be kind to your mind and unwind: Watch a holiday movie with friends and family; practice meditation before bed; turn off your phone and computer each evening.

Have a safe and healthy Holiday Season!

Upcoming Events



SPECIAL & WACKY DAYS CALENDAR

Celebrate each day in December! Did you know that December 4th is Wear Brown Shoes Day or that December 8th is National Brownie Day? Follow the link for your daily celebration idea.

<http://www.holidayinsights.com/moreholidays/december.htm>

WINNING AT LOSING

Our annual weight loss challenge is just around the corner! With a new year comes a new you! January is the perfect time to start leading a healthier lifestyle. This 10 week program gives you the tools to challenge yourself to lose weight and improve your fitness and develop lifelong healthy habits. Contact your Tri Fit Consultant for details.

RECIPE OF THE MONTH

Applesauce Oatmeal Cookies

2 cups rolled oats

3 ripe bananas

1/3 cup applesauce

½ cup raisins (optional)

¼ cup almond milk

1 tsp each vanilla and ground cinnamon

Preheat oven to 350°F (175°C). Stir all ingredients in a bowl until evenly mixed and drop by the spoonful onto a baking sheet. Bake until edges are golden; about 15-20 min.

<http://allrecipes.com/Recipe-Tools/Print/Recipe.aspx?recipeID=233012&origin=detail&servings=24&metric=false>