

Wellness at Cypresswood
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HAVE A FEEL-GOOD HOLIDAY!!!

Pecan pie! Honey-glazed ham! Holiday food can inspire anxiety or ecstasy—or both. Here's the good news: The average weight gain for the holiday season is just one pound. Now for the bad: While that might not sound like much, research shows we don't lose it, and that one pound adds up year after year. And the news is worse for people who are already overweight, who add about five extra holiday pounds each year.

The biggest mistake people make at the holidays is making Thanksgiving a four-day feast instead of a one-day indulgence. Then the holiday parties come, and suddenly, you're giving yourself an excuse to have treats nearly every day.

Feeling guilty after eating foods you don't usually allow yourself to eat can breed more unhealthy behaviors. So, abandon those negative voices in your head, give yourself permission to enjoy the indulgence guilt-free, and then remember to get back on track with your normal eating routine the very next day.

On average most adults consume almost 100 calories a day from alcoholic beverages. Since avoiding alcoholic beverages altogether may be hard during this time of merriment, alternating between an alcoholic beverage and a zero-calorie sparkler can help you avoid pouring on the pounds. Plus you'll avoid entering the hangover zone, a not-so-happy holiday tradition.

File this under sad-but-true: You can gain weight even if you eat healthy. You can overdo it with the veggies and dip or creamy asparagus soup, just like you can with pumpkin pie. So make sure you're not eating something based solely on its health-food aura and keep an eye on your portion sizes.

Feeling sad or depressed is not unusual during holidays. When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** If someone close to you is ill or has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.
4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
5. **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.
6. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

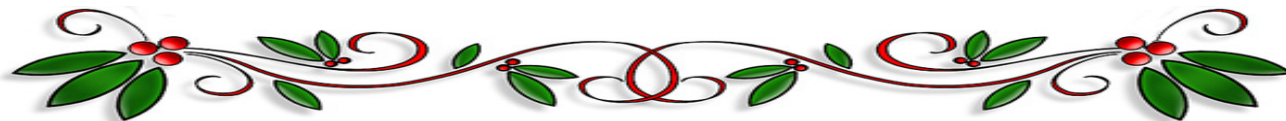
7. **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.
8. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.



Take Control of the Holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

Finally, exercise is your friend! Sticking to your morning walk or gym routine helps you manage the indulgence of holiday food, or stress and depression. Time for yourself and doing something you think is important maintains some normalcy during such a busy time of year. Give yourself the gift of health and well-being!



HOLIDAY FITNESS

Exercise Express- seated or standing cardio and strength classes.
 Mondays and Thursday at 9:30 in the Clubroom. \$6 for CW residents, &7 all others.
 Fridays at 10:30 at Old Town Square Studio, 301 3rd St. NW, Suite 200, \$7

Sr. Fitness Boxing- Wednesdays at 10:30 at Tigers World. \$10/class
 1007 6th St. SE, Winter Haven

Mindful Breathing and Stretching- Thursday, Dec. 13th 6pm, Old Town Square Studio, 10\$
 301 3rd St. NW Winter Haven, Suite 200

SAVE THE DATE

Thursday, January 24th at 5:30pm

GOLF AND FITNESS...EASY WAYS TO IMPROVE YOUR GAME!

**Presented by: Bob Schade, Golf Professional and Kristie Renardson,
 Therapeutic Exercise Specialist**

In the Club Room, Presentation is FREE, but donations will be accepted for the Humane Society.