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**RUTGERS**

New Jersey Agricultural  
Experiment Station

### Deskercise!

- **Balancing Act:** Stand at the side of a chair with your left hand holding the chair for balance. Grab your right foot with your right hand (or grab your pant leg). Using your hand, pull your foot toward your buttocks and hold for 10 to 15 seconds. Your knees should be pointing downwards.
- **Sit on Air:** Stand with your back against a wall and feet apart about 16 inches from the wall. Lower yourself into a seated position, keeping feet flat on the floor, and hold for 15 to 30 seconds. Return to standing and relax for 30 seconds. Repeat 3 times. Do not bend your knees beyond a ninety-degree angle.

For more deskercise, visit:  
<http://uclivingwell.ucop.edu/deskercise>

Remember to always consult your doctor before beginning an exercise program.

## Healthy on the Job! Workplace Wellness Newsletter

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Focus: Healthy  
Holidays



### A Healthy Holiday Season

For many Americans, the holiday season is a time to indulge in family, friends, and food. This time of year provides us with a much-needed break from the stresses of our daily lives, but it is important not to forget our healthy habits entirely! In addition to making it hard to get back into our routine after the new year, forgoing health during this season can lead to complications later in life. According to a study published by the National Institute of Diabetes and Digestive and Kidney Diseases, holiday weight gain can last longer than commonly thought. The study, published

in March 2000, concludes that Americans typically only gain about a pound during the season, but this "extra weight accumulates through the years and may be a major contributor to obesity later in life." Excess eating during the holidays can also lead to unwarranted guilt, especially since it can be much more difficult to lose weight than to gain it. So how do we keep healthy during the season? Here are some tips from Baylor College of

Medicine in Houston, Texas:

- Don't arrive hungry to parties or events. You will eat everything! Have a light snack before you leave.
  - Don't skip meals. Saving room for the big meal can lead to overindulgence.
  - Stay active at the mall by taking the stairs or parking far away from the building.
  - Focus on maintaining weight instead of losing it.
- And remember, day-to-day activities are more important than a few extra calories; an extra piece of pumpkin pie will not make you gain five pounds. 'Tis the season for moderation!

**Bring a healthy vegetable or fruit dish to the office holiday shindig—there will most certainly be enough cookies and sandwiches for one party!**

### Food Safety for the Holidays

The holidays are a great time to get the whole family together, but those large family meals can be the perfect environment for bad food safety practices. Keep these tips in mind:

- When hosting a buffet, never let food sit out for more than two hours.
- Always keep hot foods hot and cold foods cold, or bacteria can spread.
- Use a food thermometer to check meat temperatures and be sure food is

cooked thoroughly. If you are a baker, remember to never lick the spoon if the batter contained raw eggs! For more information look up the Food Safety & Inspection Service at: <http://www.fsis.usda.gov>



## Recipe of the Week

Here's two low-fat holiday treats for you and your family:

### Banana Berry Jumble

Makes 2 servings

Total time: 25 minutes

1 large banana, halved and cut into 1/2 inch pieces

3/4 cup fresh or frozen cranberries

1/4 rolled oats

1/2 teaspoon nutmeg

1. Combine all ingredients in a large non-stick skillet. Cook on medium-high heat just until cranberries begin to soften, stirring occasionally. Remove from heat; cool slightly. Spoon into bowls and top with low-fat whipped topping, fat-free sour cream or low-fat frozen

yogurt, if desired.

Nutrition information: Per serving: 160 calories; 2 g fat; 0 mg cholesterol; 33 g carbohydrates; 4 g protein; 6 g fiber; 0 mg sodium.

### Pear Nog

Makes 1 serving

Total time: 10 minutes

1 pear, peeled, cored, cut into chunks

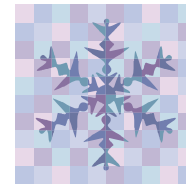
1/2 cup fat-free milk

1/4 cup egg substitute 1 teaspoon brown sugar

Large pinch cinnamon

2 ice cubes, cracked

Place all ingredients in blender. Blend at high speed for 15 seconds.



Nutrition information: Per serving: 190 calories; 0 g fat; 0 mg cholesterol; 38 g carbohydrates; 11 g protein; 5 g fiber; 28 g sugars; 180 mg sodium.

For more healthy recipes, visit Fruits and Veggies More Matter at <http://www.fruitsandveggiesmatter.gov>

## Web Sites for more info!

[www.getmovinggethealthynj.rutgers.edu](http://www.getmovinggethealthynj.rutgers.edu) The Get Moving Get Healthy NJ initiative is your source for information & programs to help your community maintain a healthy lifestyle. Look for the Walk NJ Point-to-Point challenge!

[www.njaes.rutgers.edu](http://www.njaes.rutgers.edu) Rutgers Cooperative reaches into all 21 counties of NJ.

[www.mypyramid.gov](http://www.mypyramid.gov) Menus and activities for adults & children.

**"My own prescription for health is less paperwork and more running barefoot through the grass."  
—Leslie Grimutter**

## Featured Food: The Cranberry

This staple in traditional holiday meals has quite a surprising history! Originally called crane-berries because cranes walking through cranberry bogs were avid fans, this fruit was first used by Native Americans in their pemmi-can, and was probably

served at the first thanksgiving. The fruit also has health benefits—it has long been assumed that cranberries may prevent urinary tract infections. Add cranberries into your holiday dish: try a recipe for fresh sauce and you may never go back to the canned variety!

### Be Merry! Be Festive! Be Heart-Healthy!

- Share workout time with visiting relatives
- Cut down on saturated fat by using nonfat dressing in creamy recipes
- Use non-stick cookware so you can use a minimum of vegetable spray
- Use vinegar or citrus juice as a flavor enhancer
- Substitute chopped veggies for some of the bread in your stuffing recipe
- Don't load up at the buffet table
- Wait 20 minutes before getting seconds
- As hostess, present food in various locations to encourage mingling and movement
- Use a cookie cutter to create festive veggie shapes
- Don't arrive hungry to holiday parties

Tips from [www.americanheart.org](http://www.americanheart.org)