

Richly Rewarding Living

Your Monthly Newsletter For Maximizing Life's R.O.I.™

"The more you put into it, the more you get out of it"

For Clients and Friends of Physzique

Physzique's Guide To Surviving the Holidays: Skip The Extra Pounds, Stress Less, & Great Gifts...

Making it Through the Holidays, Without Packing on Extra Pounds...

This month your 'To-Do' list probably includes shopping, family gatherings, festive meals and baking, office parties and school plays. And I can probably guess that exercise is either way at the bottom of that list or not even on it.

You get too busy and don't have time to fit in a workout and who wants to count calories at a party? The temptation is to give up and give in...you'll work out in January, *right?* Except, it is much harder to work off those couple extra pounds after the fact than it is to maintain your current status.

So this month, your primary focus is to concentrate on maintenance. Here's a few tips on how to do it:

Plan Before You Party. It's tempting to starve yourself before a party to try to save calories, but doing this will most certainly backfire. Instead, have a light snack of protein and fiber beforehand, like a Shaklee Cinch Snack Bar or Cinch Shake, this will leave you less likely to overindulge.

Be Flexible. Instead of completely throwing in the towel because you can't get in your full workout, break it up into small sessions. A half hour or even a few 10-minute fitness breaks throughout the day is better than nothing, and will help you combat holiday stress and to sleep better.

Start a New Family Holiday Tradition. After the big holiday dinners, instead of zoning out in front of the TV, start a new tradition: a family walk. It's a great way to bond, get some fresh air, and work off a bit of the stuffing.

Shop 'Till You Drop...Pounds. Why not look at your shopping trips as a fitness opportunity? Take an extra spin around the shopping mall. Park a few blocks



Community News

I have a favorite story I like to tell people. It's about when I went on vacation with my family about 3 years back. During this vacation I decided to do something extraordinary. I wanted to see just how much weight I could gain in 1 week. In the end I had consumed an extra 130,000 calories to help me pack on 37 additional pounds to my body. Going from 222 to

259 in just 7 days.

Now let me say, that wasn't on accident. That was fully purposeful. This is exactly like the holiday season, from Thanksgiving through New Years. If you gain any weight over the next month it will not be "on accident". I don't ever recall accidentally eating a plate of cookies => Nor do I remember accidentally eating a head of broccoli.

You can decide right now what will happen. This is not a one month hiatus from exercise and eating right. Even if you do go to a holiday eating festival every week, that doesn't mean you have to eat excess amounts. It's just like any other month. Just control your portions! Stay strong and expect success.—Zach

What's The Deal With The Title?

When I was trying to come up with a name for this newsletter, lots of stuff went through my head onto this page. But nothing grabbed me until I hit on the title/subtitle you see now. Because I think it sort of encompasses what I view as my role in your life: *helping you really get the most bang for your buck.* Helping you grab this bull by the horns and take it for a good, long, fun and rewarding ride. My hope is that, just like any friend, I can positively impact your life, and not just through exercise and nutrition, but also with stimulating and **entertaining information.** I'm certainly far from perfect, and have my moments of doubt and frustration like everyone, but I look at it as a privilege and an honor to have the opportunity to make my life, and to help make the lives of those around me, as good as they can be - as rewarding as they can be. But ultimately, *it all comes down to what we put into it, right?* The more we put into life, the more we get out of it. Return On Investment (ROI). The more we exercise, eat right, love, laugh, strive to accomplish goals, have fun *and really LIVE...the better we feel, the better we are!* It is the immutable law of life: you get out of it what you put into it. So that's why I chose this title and subtitle/slogan for my newsletter. I hope you like it!

away from the stores and walk to burn off a few extra calories.

Watch Your Spirits. It's easy to forget that liquid calories count too. (One cup of eggnog has close to 350 calories!) If you know you are going to drink, switch to lower calorie choices like wine, a spritzer, or light beer. Try to alternate each with a glass of water.

Put Fitness on Your List. Both on your 'To-Do' list and on your gift wish list. Why not ask for (or give) some fitness pieces to help you stay motivated?

Practice Forgiveness. The most important thing to remember is this should be a season of joy. So don't be hard on yourself if you slip up. Just get back on track and remember why you are doing this: Staying fit is the best way to live a happy and healthy New Year!

The Quest for the Perfect Gift...

Having a hard time finding the *perfect* gift for someone on your list? Why not a gift theme rather than just one gift? We're all trying not to break the bank this holiday season, so it's a good time to get creative with your gift giving. Here's a few fun themed gift ideas I've found on my quest that I think you'll find useful and inspiring:

* Family Game Night. Yes, good old fashioned board games. A gift set for under \$50. The pieces: a large classic serving bowl (you can find these at any home store or department store \$10-\$15), add in some snacks to fill it with (such as gourmet popcorn, blue tortilla chips & salsa or pretzels), finish it up with a favorite board game (Monopoly, Trivial Pursuit—whatever you choose—**Target offers a 'Vintage Book Series' board games in a nice collectors edition format only \$19.99.**)

* For the Cook. Do you know someone who likes to cook or bake? Put together a few pieces that will inspire their cooking creativity, make sure they invite you over for a taste test. The pieces: a unique cookbook (you can find these at any of the major bookstores \$5-\$25), a cookbook stand (a little stand to prop-up and hold their cookbook at an angle they can easily read from while cooking; you can find these in any home goods or house wares store), handy utensils (pick a few pieces in a fun color to brighten up their kitchen), and an apron (look for one with a fun saying printed on it or if you are able to personalize it).

* The Fitness Buff. Help someone to stay motivated and on track with a few health and fitness inspired gifts. The pieces: Magic Bullet™, the perfect small appliance for making smoothies (\$49-\$59.99), a pedometer (they can keep track of their steps & distance \$7-\$30), iTunes (or other mp3 player) music gift card (so they can add more music to their iPod or mp3 player to jumpstart their workout).

7 Steps For Beating Holiday Stress

When did the holidays get so stressful?

It's *supposed* to be a joyous season, a season of giving and enjoying friends and family. These days it seems to be a time of year we all get a little anxious about, maybe even dread...with all the deadlines for getting holiday cards written and mailed out on time, making the *perfect* gift giving list, fighting the crowds at the malls to shop at just the *right* time to get the best sales, gift **wrapping, party planning, party attending, travel, etc....** *whew*, it is a busy season.

Are you feeling overwhelmed already? The best thing you can do for yourself this holiday season to make it a bit more enjoyable, is to take a step back every so often to de-stress. Here are 7 simple steps to stressing less this month:

1. Stop, take a deep breath. Look at the big picture. When obstacles pop up, ask yourself, how stressful the situation really is: will this matter in three months? Three years? This will help you reassess the situation, solve problems, and let go of the little things.
2. Take the scenic route. To ease commuting woes, get off crowded streets and busy highways and drive down a tree-lined road instead.
3. Sip tea. Whether your at the mall doing your shopping or home after a long day of holiday prep, take a break and sip some hot tea. A recent British study found that regularly drinking black tea can lower levels of stress hormones and induce feelings of relaxation. (Just be mindful of caffeine amounts.) You may also want to try an herbal tea, the Tazo Calm Tea is my favorite for distressing.
4. Get a chair massage. These short massages now offered in salons, malls, and airports can work wonders on chipping away accumulated stress. Even a 15-minute massage can calm your nerves and help you refocus.
5. Watch a comedy. Feel-good endorphins start cranking and their mood-boosting benefits kick in as soon as you start to anticipate having a chuckle. Plus, a good belly laugh can relax your whole body.
6. Lend a hand. Reaching out to someone else gets you away from your own worries and puts things in perspective.
7. Play on the Web. Doing online puzzles, like solitaire or Sudoku, can decrease stress and improve mood, **according to new research. Because you're distracted** from your worries by the game, your nervous system can relax.
8. Exercise. Thirty minutes of physical activity per day helps both body and mind. If you have an hour lunch break at the office, use half of it for a walk or a jog. Sticking with your regular fitness routine or even beefing up your routine will help you ward off stress this month.

Tantalizing Trivia

Test Your Knowledge of the Holidays...

- At Christmas, many people believe you should kiss if you and another person are under what plant?
 - Ivy
 - Holly
 - Evergreen
 - Mistletoe
- "A Christmas Carol" is a popular story read during the Christmas season. Who wrote this famous story?
 - Mark Twain
 - The Grimm Brothers
 - Charles Dickens
 - Hans Christian Andersen
- In 1836, which state was the first in America to recognize Christmas as a holiday?
 - Delaware
 - Oklahoma
 - Virginia
 - Alabama
- Christmas music is always popular during the holidays. What is the best-selling Christmas single of all time?
 - "Jingle Bells"
 - "Deck the Halls"
 - "We Wish You a Merry Christmas"
 - "White Christmas"
- What is the name of the U.S. organization that provides up-to-date information on Santa's whereabouts as he traverses the world Christmas Eve?
 - North American Aerospace Defense Command (NORAD)
 - National Weather Service
 - U.S. Air Force
 - NASA
- Which of the following is not a real city or town in the United States?
 - Christmas, Florida
 - Santa Claus, Indiana
 - Rudolph, Arkansas
 - Mistletoe, Kentucky

And don't forget, if you have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email your question and I'll do my best to address it in an upcoming issue (or with you personally).

I'd love to hear from you.

My email address for comments is
Zach@SpokaneFitnessCoach.com

Answers to the Tantalizing Holiday Trivia...

How well do you know the holidays?

- d) mistletoe
- c) Charles Dickens
- d) Alabama
- d) "White Christmas"
- a) North American Aerospace Defense Command (NORAD)
- c) Rudolph, Arkansas

Only have 20 minutes to cook dinner?

Pesto Shrimp Pasta

Prep: 10 minutes Cook: 20 minutes

This light shrimp pasta dish is quick and easy to prepare - and loaded with lean protein. Serve with an easy side salad.



Ingredients:

- 4 oz whole wheat penne pasta
- 12-14 medium-size precooked, peeled shrimp
- 3 cups chopped baby spinach
- 1 tomato, chopped
- 3 tbsp ready-made pesto
- 3 tbsp crumbled Gorgonzola cheese
- 2 tbsp diced walnuts

Directions:

Boil the pasta according to the package directions. If using frozen shrimp, defrost them by running warm water over them.

Drain the pasta. Transfer the pasta to a large bowl and add the remaining ingredients, stirring well to help wilt the spinach and mix in the pesto. (Makes 2 servings.)

Serve with side salad:

Mixed greens and two or three slices of raw tomato, sprinkled lightly with salt and drizzled with some balsamic vinaigrette.

Nutrition Facts per serving including side salad:
490 calories, 22 g total fat (6 g sat), 27 g protein; 47 g carbohydrates, 8 g dietary fiber; 515 mg sodium

The retailers have ruined the holidays...

Dear Clients and Friends,

Ah, the holidays. It's that time of year again. Call me a scrooge or a Grinch if you want, but I think it's all a bunch of *hype*. Don't get me wrong, I like the holidays, it's just that it has become another 'Hallmark' and retailer extravaganza.



The after-Thanksgiving 'Black Friday' sales events this year started at 4:00AM for crying out loud! Why on *earth* do we need to be up at 4AM to get a good deal?

Not only that, but we've built up this expectation that we should be giving and receiving *mass* amounts of gifts...not just a few simple tokens of love, gratitude, and appreciation as it should be. If we get up and out to the stores before the crack of dawn we can get *more* gifts during the super sales, *right*?

In reality you actually spend more money because you end up buying more *stuff* thinking you could get more because of all the money you were saving along the way.

Sure you bought more and bigger stuff to give as gifts, but you've stressed yourself out along the way (you got up at 4:00AM after all) and probably put yourself in a credit hole.

Just like when you let yourself slack off in your health and fitness and gain just a *couple* of pounds—it is very easy and perhaps fun to indulge on that dessert or higher priced shiny gift along the way, but in the end you will have to work hard and make sacrifices afterward to lose those 3 or 4 extra pounds or dig yourself out of credit card debt.

I'll admit, I've splurged in the past and spent more on holiday gifts than I should have. It's easy to get caught up in the moment and spirit of it all. But I've wised up and seen the light. I've known friends and acquaintances who have lost loved ones around the holidays. And they will tell you that when it comes down to it, the holidays aren't about the biggest and shiniest gifts, it's about celebrating a joyous season with those you love. Simple as that.

The holidays are *really* meant to be a season of taking the time to show your family and friends how much you **love**, **appreciate**, and **enjoy** their presence in your life. Not waking up at 4:00AM to get 'door buster deals' and '30-40% off all items in the store.'

Indulge if you would like, but please, don't let the retailers ruin the true spirit of the holidays.

To your health & happiness,

Zach Hunt

P.S. I do wish you and yours a wonderful holiday season. Read on in this month's issue to learn how you can make it through this holiday season without going overboard and adding on extra pounds, how to stress less this holiday, what you can do to take control of your health now, and much more! Still want to know more about maintaining your health & fitness goals, email me at Zach@SpokaneFitnessCoach.com.