



North Florida

# Tae Kwon Do

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## Plan Ahead for Holiday Eating

**I**t seems like the next few months of celebrations revolve around food. Not just any foods, but tempting, mouth-watering, high-caloric foods that are impossible to resist. Of course, with a little pre-planning, you can limit the effects these foods can have on your health and weight.

First, remember you can say 'no' to food. The food police are not going to force another helping of latkes or mashed potatoes and gravy down your throat (Aunt Myrtle is another story). Second, you can enjoy the traditional holiday foods, but moderation will play a part in staying on tract. Third, remember the scout motto and be prepared.

Nobody is asking you to give up your favorite foods entirely, but limit the servings and maybe even make the recipe a little healthier. This will not only benefit you, but everyone else too. What's even better is that most people won't notice the difference.

Here are a few ways to lower the effects of favorite recipes:

- Use skim or 2% milk instead of cream or half-and-half in some recipes.
- Reduce or omit the amount of added fat in casseroles and add additional vegetables.
- Substitute unsweetened applesauce for ½ the fat in some baked goods like cakes and brownies.
- Bake instead of fry whenever possible.

Focus on your potential instead of your limitations.  
— Alan Loy McGinnis

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.  
— John F. Kennedy

It is wise to direct your anger towards problems — not people; to focus your energies on answers — not excuses.  
— William Arthur Ward

Silent gratitude isn't much use to anyone.  
— Gladys Browyn Stern

Our thoughts create our reality — where we put our focus is the direction we tend to go.  
— Peter McWilliams

No man is happy who does not think himself so.  
— Publilius Syrus

Gratitude is not only the greatest of virtues, but the parent of all the others.  
— Cicero

You must be the change you wish to see in the world.  
— Mahatma Gandhi



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# Get What You Want, Not What You Get!

# Plan Ahead for Holiday Eating

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- Precut portions smaller than usual.
- Don't skip the veggie tray.
- Drink lots of water!

Moderation is the key to everything in life, but especially holiday eating. Have a small slice of your favorite pie that you only get once a year, and savor each bite. Chew slowly and put your fork down between bites. Skip some of the things you can live without to save calories for later, and don't forget to count your beverage calories when indulging. You know you are going to that get-together Friday night, so be prepared. Omit 50-100 calories from your

daily intake during the week to save up for a small splurge. Park farther away or add 10 minutes to your daily workout. This is like setting up a food savings account. Since calories aren't the only thing that affects your health, remember to balance the fat, carbs and treats during the holidays too. Also, try substituting healthier foods for ones that aren't as healthy. Have a baked potato without all of the toppings instead of mashed potatoes and gravy. Enjoy steamed green beans instead of a cream-sauced version. Tell yourself before you go what you must have so you can balance your meal around that important indulgence.

How about our tournament? We had a great turn-out! We would like to congratulate everyone that participated. We know that you had a great time and a super experience!

We will be having a testing every month beginning now at one of the schools. November's test will be held in Interlachen. For the most part students will be testing when the school you train at tests, but if there is a situation that you are unable to prevent or you just need a little more training to be ready, you then have the option to test the following month with just a short travel. Our next colored belt test is in Interlachen on the 21st.

Our Black Belt candidates will be pre-testing on the 14th. They have been training especially hard and will put their skills to check on that day. Come in and cheer them on.

The Thanksgiving holiday will be upon us this month. We will be doing our annual food drive during the entire month of November. Bring in your non-perishable items to be donated to a worthy cause. Bring in five or more and receive a special gift!

NOVEMBER 2008						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <i>Set clocks back</i>	3	4	5	6	7 <i>Buddy Night Crescent City</i>	8
9	10	11 <i>Veterans Day CLOSED</i>	12	13	14 <i>Black Belt Pretest 5:00</i>	15
16	17	18	19	20	21 <i>Color Belt Test Interlachen</i>	22
23	24	25	26	27	28	29
			C—L—O—S—E—D			
30						

# Ignorance Isn't Bliss

**Remember** when you were younger and didn't have to worry about what you ate or how much you exercised? For many of us, those days are over. Here are a few holiday cheat sheets to help you balance fitness with holiday eating.

## What Can I Do with Holiday Leftovers?

Sandwiches are a great lunch to take to work when you follow the American Dietetic Associations' guidelines. Start with a 100% whole-grain bread, roll or pita. Choose 2-3 ounces of lean protein like leftover turkey! Add one slice of low-fat cheese for calcium and pile on the veggies like lettuce, tomatoes, cucumbers, mushrooms, peppers, etc. Use a spread that adds flavor, but not fat and calories, such as mustard and low-fat dressings.

## It Has How Many Calories?

- Eggnog, 1 cup serving, 342 calories 18 grams of fat
- Cranberry sauce, 1 slice, 1/2-inch thick, 86 calories 0 fat
- Stuffing, 1/2 cup, 178 calories 8.6 fat
- Dark meat turkey, no skin, 3.5 oz., 187 calories 7.2 fat
- Gravy, 1/4 cup, 30 calories 2 fat
- Homemade pumpkin pie, 1/8 of a 9-inch pie, 316 calories 14 fat
- Homemade pecan pie, 1/8 of 9-inch pie, 502 calories 27 fat
- Brussels sprouts, plain with salt, 1/2 cup serving, 31 calories 0 fat
- Carrots, plain with salt, 1/2 cup serving, 26 calories 0 fat

## How Can I Burn Those Calories?

- Stationary bike (at moderate level): 504 calories/hour
- Elliptical trainer (general): 648 calories/hour
- Stairmaster: 432 calories/hour
- Running (11.5 min/mile): 648 calories/hour
- Walking (17 min/mile): 288 calories/hour
- Housework (moderate): 117 calories/hour
- Chopping wood: 430 calories/hour
- Raking leaves: 285 calories/hour
- Sleeping: 55 calories/hour (440 calories/8 hours)
- Martial arts (intense): 650 calories/hour!

## How Can I Fit Exercise into My Holiday Schedule?

- Maximize your time. Use your lunch break to walk to a nearby shopping center to do holiday errands.



## Ignorance Isn't Bliss

- Shoveling snow or chopping wood is a great workout. You'll burn several hundred calories doing either task. Just make sure to protect your back.
- Offer to help rearrange the furniture for a party.
- Park at the far end of the parking lot (like you have a choice).
- Keep an exercise journal. This can help you stay motivated by making daily exercise goals for yourself and keeping track of what you have accomplished.
- Use stairs instead of elevators or escalators.
- Walk or ride a bike for short trips.
- Have a skating party instead of a stand-around-the-buffet party (or walk around the neighborhood and look at lights).
- Use your phone time for stretching.
- If you take the bus to work, get off one stop early.

- Plan on shorter workouts, but more often so they will fit into the time you have.
- Flex and relax muscles while standing in long lines.

Get out and move around. Take a walk with your favorite cousin and catch up with each other. Set out a veggie tray before meals to take the edge off of hunger pains. Above all, set realistic goals. Maintaining weight during the holidays can be difficult, but remember this is a time to enjoy being with family and friends. That doesn't mean you have to eat everything in sight or be a couch potato. Just remember, like credit card bills, extra weight or unused muscles will come back to haunt you in January.