

WELLNESS IS HOT STUFF NEWSLETTER

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Brought to you by Personalized Prevention

Happy Holidays!



The holiday season is underway, and many of us find this time of year adds to both the to-do list AND the waistline. For the next few weeks going into the New Year, you may find it difficult to avoid the holiday temptations that abound. Many individuals gain between 1 and 5 pounds during the holiday season. While this number is small, research shows that many find it difficult to lose added holiday weight. Year after year, weight accumulates, increasing the potential for overweight and obesity and the host of illnesses that follow with added risk factors. Challenge yourself to have a healthy holiday!

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**Make a New Year's Resolution
for better wellness in 2011!**

BE YOUR CHANGE!

HEALTHY HOLIDAY TIPS:

- Don't go to a party hungry: we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at the party.
- Watch your portion: treat yourself to a nice drink, dessert, chocolate or sweets without guilt, but always watch your portions. Go for small portions. This way you can sample all the different foods. Moderation is always the key.
- Make a conscious choice to limit high fat items: high fat can be found in fried food, cream-based soup, cheese-filled casseroles, pies, processed meats such as salami and sausages, some pastries and baked goods.
- Try different versions of egg nog: traditional egg nog is usually made with egg yolk and thick cream. Google "low fat egg nog" and you will find lots of low fat egg nog recipes. If you buy commercial egg nog, you will be delighted to find low-fat or fat-free egg nog out there - you can even find soy nog!
- Try other versions of alcohol: instead of beer, cider, Bailey's and Kahlua, try dry wine, Bloody Marys or spirits with diet mixer which have fewer calories. Remember: Calories from alcohol tend to be stored in the abdomen. People who are overweight actually gain weight more easily when they consume alcohol.
- Drink plenty of water: alcohol and coffee can dehydrate your body.
- Physical activity: take nice brisk walks with your loved ones and enjoy their company during the holiday season.

Employee Health Screening Wrap-Up

We have finished our annual onsite health screenings. See the table below for your location's participation percentage. Everyone did a great job!

Location	Participation
Yturria Elementary	82.61%
Canales Elementary	81.71%
Victoria HTS Elementary	87.01%
Pullam Elem	95.65%
Morningside Elementary	95.70%
Ortiz Elementary	95.83%
Stillman Middle School	65.18%
Oliveira Middle School	72.03%
Del Castillo Elementary	87.14%
Sharp Elementary	81.94%
Benavides Elementary	90.70%
Aiken Elementary	77.32%
Southmost Elementary	64.29%
Besteiro Middle School	75.22%
Garden Park Elementary	71.58%
Brownsville Academic CE (BAC)	69.79%
Stell Middle School	61.54%
Keller Elem	74.39%
Martin Elementary	81.93%
Lucio Middle School	67.69%
BLA + BECHS	77.59%
Longoria Elementary	58.73%
Main Office	63.20%
Russell Elementary	78.10%
Egly Elementary	86.09%
Perkins Middle School	40.80%
Vermillion Elementary	96.88%
Castaneda Elementary	53.33%
Villa Nueva Elementary	86.44%
Perez Elementary	68.97%
Gallegos Elementary	82.35%

Location Cont.	Participation
Resaca Elementary	91.23%
Hudson Elementary	72.45%
Cummings Middle School	60.00%
Lincoln Park HS	94.00%
Paredes Elementary	81.82%
Palm Grove Elementary	81.82%
Burns Elementary	40.87%
Maintenance	49.17%
Vela Middle School	66.17%
Warehouse - Food Services	57.78%
El Jardin Elementary	53.76%
Garza Elementary	73.81%
Cromack Elementary	81.72%
Faulk Middle School	72.73%
Hanna High School	45.16%
Gonzalez Elementary	77.14%
Garcia Middle School	73.39%
Pena Elementary	71.23%
Brite Elementary	65.17%
Porter High School	57.36%
Putegnat Elementary	81.43%
Transportation	96.67%
Veterans High School	66.67%
Manzano M.S.	68.35%
Lopez High School	61.98%
CAB	65.17%
Pace High School	59.33%
Champion Elementary	57.14%
Rivera High School	63.02%
Skinner Elementary	72.92%
Special Service/Secury Dept.	47.73%





Recipe Corner—holiday edition

Cider-Glazed Roots with Cinnamon Walnuts

Ingredients

- 3 pounds assorted root vegetables, peeled and cut into 1-inch pieces
- 1 cup apple cider
- 1/4 cup dark brown sugar
- 1/2 teaspoon salt, plus more to taste
- 1/4 teaspoon freshly ground pepper
- 1/2 cup chopped walnuts
- 1 tablespoon butter
- 1/8 teaspoon ground cinnamon



Preparation

1. Preheat oven to 400°F.
2. If using parsnips, quarter lengthwise and remove the woody core before cutting into 1-inch pieces. Whisk cider, brown sugar, 1/2 teaspoon salt and pepper in a 9-by-13-inch baking dish until the sugar is dissolved. Add root vegetables and toss to coat. Cover the baking dish with foil.
3. Bake for 20 minutes. Uncover and stir the vegetables. Continue cooking, uncovered, stirring every 20 minutes or so, until the vegetables are glazed and tender, about 1 hour more.
4. Meanwhile, place walnuts in a small skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 6 minutes. Remove from the heat and add butter, cinnamon and a pinch of salt. Stir until the butter melts and the nuts are coated. Spread out on a plate to cool slightly.
5. Transfer the vegetables to a serving dish and sprinkle with the cinnamon walnuts.

Per Serving: 219 calories; 9 g fat (2 g sat, 1 g mono); 5 mg cholesterol; 34 g carbohydrates; 4 g protein; 7 g fiber; 362 mg sodium; 730 mg potassium.

Nutrition Bonus: Vitamin A (250% daily value), Vitamin C (45% dv), Folate (30% dv), Potassium (21% dv).

Crunchy Pear & Celery Salad



Ingredients

- 4 stalks celery, trimmed and cut in half crosswise
- 2 tablespoons cider, pear, raspberry or other fruit vinegar
- 2 tablespoons honey
- 1/4 teaspoon salt
- 2 ripe pears, preferably red Bartlett or Anjou, diced
- 1 cup finely diced white Cheddar cheese
- 1/2 cup chopped pecans, toasted (see Tip)
- Freshly ground pepper, to taste
- 6 large leaves butterhead or other lettuce

Preparation

1. Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into 1/2-inch pieces.
2. Whisk vinegar, honey and salt in a large bowl until blended. Add pears; gently stir to coat. Add the celery, cheese and pecans; stir to combine. Season with pepper. Divide the lettuce leaves among 6 plates and top with a portion of salad. Serve at room temperature or chilled.

Low-Fat Eggnog



Per serving: 142 calories; 4 g fat (2 g sat, 1 g mono); 48 mg cholesterol; 19 g carbohydrates; 6 g protein; 0 g fiber; 127 mg sodium; 19 mg potassium.

Ingredients

- 6 cups 1% milk
- 1/8 teaspoon freshly grated nutmeg
- 2 large eggs
- 2/3 cup sugar
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 2 teaspoons vanilla extract
- 1/4 cup light whipping cream

Preparation

1. Bring milk and nutmeg to a simmer in a heavy medium saucepan over low heat, stirring occasionally.
2. Whisk eggs, sugar, flour and salt in a large bowl until smooth. Whisking constantly, gradually add hot milk; return mixture to saucepan.
3. Cook the eggnog over very low heat, stirring constantly, until thick enough to coat the back of the spoon, 10 to 15 minutes. (Temperature must reach 160°F; do not let eggnog come to a simmer.) Remove from the heat and pour through a fine-meshed sieve into a bowl.
4. Whisk in vanilla. Place a piece of plastic wrap directly on the surface of the eggnog and refrigerate until chilled, for at least 8 hours or overnight.
5. Just before serving, add cream to eggnog. Ladle into cups and serve garnished with more grated nutmeg

“Take care of your body, it’s the only place you have to live”

-Jim Rohn

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