

# jazzercise®

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**Aberdeen & Stonehaven**  
NEWSLETTER

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## Avoid Holiday Weight Gain - Trim the Turkey Fat

It's turkey time! That means family gatherings, football games, and hours logged at the dining room table eating and drinking.

The average Christmas dinner packs a whopping 3,000 calories. It would take almost five hours of jogging to burn-off all those calories! And that's just the start! The real problem is that the mashed potatoes, gravy, and Christmas pudding served are just the beginning of a long season of temptation.

We have a few suggestions for keeping your weight in check during the holiday season. Take a look at our tips and see if you can incorporate one or two of them into your daily routine.

**1. The early bird catches the worm.** According to a study at the Mollen Clinic, 75 percent of people who exercise in the morning hours stick to their regular regimen, whereas only 50 percent of afternoon exercisers and 25 percent of evening exercisers do the same. During the busy holiday months, try working out first thing in the morning. No matter what else happens in your day, it won't interfere with your fitness regimen.

**2. Plan ahead.** There's nothing worse than setting aside time for your workout, only to realize that you've forgotten your trainers when you arrive at Jazzercise. So, prepare your next day's workout bag before going to bed each night. Pack your trainers, sports bra, and whatever else you possibly need, so that you're not rushing around in the morning.

**3. Indulge just a little.** As your stress level increases with party planning, shopping, and family gatherings, don't deny yourself all things sweet. You'll only end up bingeing later on. Instead, measure out a reasonable portion of the foods that you regularly crave. Sit at your table and enjoy each bite of your little indulgence.

**4. Shop 'til you drop.** It's seemingly impossible to walk through the shopping centre without a half-dozen fattening foods calling your name. Sidestep these landmines by shopping early in the morning, when fast food fries are less appealing. When you check-off the items on your holiday list, reward yourself with a pedicure or a chair massage instead of a cinnamon roll.

**5. Take the stairs, two at a time.** You've heard it before. Whenever possible, take the stairs instead of the lift to burn-off a few more calories. This holiday season, step-up your stair practice with a little more vigor. Take stairs two at a time. You'll use a different part of your leg muscles and you'll reach your destination a little faster.

**6. Maximize your time.** If you're too busy during the holidays to attend a fitness class, then use your morning commute or your lunch hour. Try cycling to work. Opt to stand on the bus stop rather than sit. Talk your office pals into a lunchtime power walk. Infuse 10-minute chunks of exercise throughout your day, attempting to reach a total of 30-60 minutes each day.

**7. Set workplace rules.** Your co-worker brings in a platter of fudge. Your boss orders donuts for the entire office. How can you possibly avoid the temptation of office binges when they're around you from Halloween into Christmas? Try the five-minute rule. Decide that you can have a little taste of the

sweet treats in the office break room after waiting for five minutes. Chances are that your craving will be gone by the time five minutes passes.

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### **EFT Table - Second week of December.**

Find all your friendly tickets, b-day cards and rain checks and bring them to class to exchange for Jazzercise goodies.

For EFT students only.

### **Did you know?**

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#### **It's True What They Say-Television Adds 10 Pounds**

A recent study shows that TV food ads directly correlate with an increase in calorie consumption. Before you swear off your TV, Health Editor-at-Large, Madelyn Fernstrom, Ph.D., CNS, helps you avoid the television-induced munchies:

- Don't watch TV on an empty stomach.
- Have a low-fat, high-fiber snack beforehand.
- If you can, fast forward through commercials.
- The simplest way, watch less TV and get out and move!

#### **Technique Tip of the Month ----> Lateral Bicep Curl**

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1. Start in a standing position with your feet shoulder width apart, weights in your hands, and your arms extended down by the sides of your legs.
2. Palms face forward and thumbs point out in the starting position.
3. Hold your upper arm still while you contract your biceps to move your forearms out to the side and hands toward your shoulders. Your palms face forward during the entire movement.
4. Bend at your elbow only and not at your wrist.
5. Keep your shoulders pressed down and stable. There should be no rounding through your shoulders and chest.
6. Release your biceps to slowly lower your hands out to the side and back down by your legs.

Performing this exercise on a regular basis will help tighten and tone your biceps which are located in the front of your upper arm.

**HAPPY HOLIDAYS**  
**FOR A FIT AND HEALTHY**  
**2010**