

Staying Motivated to Exercise in Dark Cold Weather

Put the Thermostat on a Timer. Getting out of bed when it's cold out is tough! If you set your thermostat to warm the house an hour before rising, getting up won't be so difficult.

Get Outside. Going outside especially on a sunny day can be a great motivator and energizer. But no matter the weather, being in nature regularly puts us into a better mindset. Even if it's just a brisk 10-minute walk, it'll help keep you in the habit of exercising outside. So, bundle up if its chilly and at least go for a quick stroll!

Do Something Summery. Keep your swimsuit handy and keep your motivation by doing a typical summer workout, like swimming. Jumping in the pool is a great reminder of summer, and swimming is a great workout any time of the year.

Try Something New. Switching up your workout routine every few months staves off boredom and plateaus, and in the winter months, doing something new can be refreshing. This is also a great time to do things that you can *only* do during winter such as skiing, snowboarding, and snowshoeing.

Invest in Cold Weather Clothing. Purchasing a couple of pieces that will truly help you battle the cold weather and make your workouts more comfortable is a good investment. If you're a runner, make sure you're stocked up on running tights, a jacket, and a hat/ear warmers that will keep you warm; or purchase layering items to wear to the gym so you can keep them on if you're cold or take off layers if you get warm. Remember, whether you're inside or outside, layering is your best bet; you can always remove some layers but can't add them if you don't have them.

Sign up for a Competition. Whether it's a 5K or a marathon, sign up now for an event in the spring. It'll keep you looking forward to the warmer months, plus having a goal on the horizon will keep you moving now.



Maple Roasted Sweet Potatoes

Ingredients:

- 2 ½ pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- ½ teaspoon salt
- Freshly ground pepper, to taste

Directions:

Preheat oven to 400F. Arrange sweet potatoes in an even layer in a 9x13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt, and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir, and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Makes 12 servings, ½ cup each. Nutrition per serving: 96 calories; 2 g fat; 1 g protein; 2 g fiber; 118 mg sodium

Adapted from: http://www.eatingwell.com/recipes/maple_roasted_sweet_potatoes.html

Avoid Falling Asleep at the Wheel

Ever have trouble remembering the last few turns you made? If so, you might want to pull over. Driving while drowsy is far more common, and dangerous, than you might think. In a recent poll, it was revealed that 60% of Americans reported driving during drowsiness in the previous year. And 37% confessed to actually nodding off. Yikes!

Researchers suspect many motorists simply don't recognize the signs that they're too drowsy to safely drive or just assume they can stay awake anyway. But research shows feeling sleepy is just as dangerous as being sleep deprived. Both are associated with a dramatic increase in crash-related critical injuries or death due to falling asleep at the wheel. Drowsiness and driving leads to an eightfold increase in the risk of injury or death from falling asleep at the wheel. Sometimes you're so tired that you can't think straight enough to know just how dangerously tired you are (similar to when a drunk person can't recognize how drunk they are).

Here are some signs that you are so tired that you're not capable of driving:

- Difficulty keeping your eyes open
- Constant yawning
- Foggy brain
- Nodding head

...these are the obvious ones. But here are a few other less obvious clues you're at risk for falling asleep at the wheel:

- Frequent squinting and blinking
- Missed streets or exits
- Difficulty picturing previous turns or stretches of road

The Governors Highway Safety Association reported in August 2016 that drowsy driving causes an estimated average of 328,000 annual crashes, 109,000 injuries, and 6,400 deaths on U.S. roadways. Too many people are tempted to think that they know exactly when they are in danger of falling asleep and they can prevent it from happening. Unfortunately, sleep just does not always work like this. **If you ever experience any of these situations while driving, pull over, park, and nap in a safe place.**



Air-Fryer Brussels Sprouts

Ingredients:

- 4 slices center-cut bacon
- 2 ½ pounds Brussels sprouts, halved lengthwise
- 1 large red onion, roughly chopped
- 1 tablespoon extra-virgin olive oil
- ¾ teaspoon salt
- ¼ teaspoon ground pepper
- 2 tablespoons fresh lemon juice
- 2 teaspoons fresh thyme leaves

Directions:

Step 1: Place bacon in a single layer in the basket of an air fryer. Air-fry at 400 degrees F until the bacon is crisp, about 14 minutes, flipping once halfway through. Transfer to a paper-towel-lined plate.

Step 2: Toss Brussels sprouts, onion, oil, salt, and pepper in a large bowl. Place about half of the Brussels sprouts mixture in a single layer in the air fryer basket. Air-fry at 375 degrees F until browned and crispy, 14 to 16 minutes, flipping once halfway through. Transfer to a serving platter. Repeat with the remaining Brussels sprouts mixture. Drizzle with lemon juice; sprinkle with thyme. Crumble the cooked bacon over the top.

Serving Size: 3/4 cup. **Per Serving:** 107 calories; protein 6.5g; carbohydrates 14.9g; dietary fiber 5.8g; sugars 4g; fat 3.9g; saturated fat 0.9g

<https://www.eatingwell.com/recipe/277262/air-fryer-brussels-sprouts/>

Of course, the best way to be at the top of your game both body and mind is to plan to get 7-8 hours of sleep before hitting the road. Other tips include:

- Driving with someone else in the car so you can switch drivers if you become drowsy.
- Using public transportation or carpool.
- When driving more than 100 miles or for over two hours, schedule a break.
- Avoid driving very late at night or early in the morning.
- If you feel sleepy, pull over and rest for at least thirty minutes.

<https://www.center4research.org/drowsy-driving-stop-falling-asleep-wheel/>

Tasty & Healthy Thanksgiving Tips Fact Sheet

Thanksgiving is an opportunity to enjoy great food in the company of friends and family. However, it's also an opportunity to overindulge when faced with a huge spread of the usual appetizers, side dishes and desserts. The good news is it's possible to enjoy your favorite holiday food and traditions while still making healthy choices.

Be smart about portions

How much of each Thanksgiving dish should you eat? It can be tricky to balance all the different options without overindulging. Remember to eat until you are satisfied and not stuffed. Try using a smaller plate this year, as bigger plates can encourage you to grab more food and potentially eat more than necessary.

Here are a few easy ways to think about healthy portions this year:

- Turkey: Aim for a palm-sized serving of white or dark meat.
- Green vegetables: Take up to a baseball-sized serving of salad and other vegetable side dishes.
- Stuffing, mashed potatoes and other starches: Try not to take more than a 1/2 cup of each, or a serving about the size of a scoop of ice cream.
- Butter for rolls: A dice-sized serving should suffice.
- Pie and dessert: Stay away from the big slices and aim for a piece that's about the size of a regular-sized light bulb.

Cauliflower Casserole with Everything Bagel Seasoning



Ingredients:

- 1 teaspoon unsalted butter, plus 4 tablespoons, divided
- 4 cloves garlic, thinly sliced
- 1 teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- ½ cup all-purpose flour
- 3 cups whole milk
- 2 large heads cauliflower, cored and cut into florets
- ¼ cup finely sliced chives, divided
- 1 ½ cups finely grated Parmigiano-Reggiano cheese
- ½ teaspoon cayenne pepper (Optional)
- 3 tablespoons toasted sesame seeds
- 1 tablespoon poppy seeds
- 1 ½ teaspoons caraway seeds

Directions:

1. Preheat oven to 425 degrees F. Coat a 3-quart broiler-safe casserole dish with 1 teaspoon butter.
2. Melt the remaining 4 tablespoons butter in a large pot over medium-high heat. When the foaming subsides, reduce heat to medium; add garlic, 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, stirring, until fragrant, 1 to 2 minutes. Add flour, whisk to combine, and cook, stirring constantly, until no flour smell remains, 2 to 3 minutes. Gradually whisk in milk, whisking between additions, until the mixture is smooth. Bring to a lively simmer. Cook, whisking, until thickened, about 2 minutes. Add cauliflower, 3 tablespoons chives and cayenne (if using), folding to combine. Transfer to the prepared pan and smooth the top.
3. Bake until the cauliflower is tender and beginning to brown, 35 to 40 minutes. Remove from oven.
4. Position a rack in upper third of oven; preheat broiler to high.
5. Combine cheese, sesame seeds, poppy seeds, caraway seeds and the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper in a medium bowl. Sprinkle on the casserole. Broil until the cheese is melted and the top is golden, about 2 minutes. Serve topped with the remaining 1 tablespoon chives.

Tips

To make ahead: Prepare through Step 3 up to 1 hour ahead; finish with Steps 4-5 just before serving.

Serving Size: 1 cup. **Per Serving:** 158 calories; protein 6.7g; carbohydrates 11g; dietary fiber 1.9g; sugars 4.1g; fat 10.3g; saturated fat 5.4g

<https://www.eatinawell.com/recipe/260955/cauliflower-casserole-with-mixed-seed-crust/>

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Consider some healthy ingredient alternatives

Food preparation is another great way to cut calories and incorporate healthier choices into your holiday meal.

Try the following:

- Cook with low-fat, low-sodium options and limit saturated fats. Use milk or Greek yogurt in recipes that call for heavy cream. Choose low sodium broths and cut the amount of cheese and butter in a recipe in half.
- Choose whole-grain breads, grains, rice, and pasta when making your favorite holiday staples. Try using whole-grain bread for your favorite stuffing recipe or using whole-grain pasta or brown rice for any recipes or casseroles.
- Consider adding vegetables to your favorite side dishes, such as casseroles, potatoes, pasta, or rice.

Think twice about seconds

Do your best to avoid going back for seconds.

If you're craving a second serving, give yourself a little time to digest and feel full. Sticking to one serving can prevent you from feeling stuffed or bloated afterward.

Control your sweet tooth

Limit the amount of sweets you consume to one treat or dessert.

Splitting a dessert with a family member or friend is an easy way to cut calories in half.

Don't skip other meals

Skipping meals earlier in the day to "save room" for one big meal later is not a good idea. Continue to eat regular meals – including a healthy breakfast – and you will be less tempted to overeat once dinner is served.

Happy Thanksgiving!

<https://ukhealthcare.uky.edu/wellness-community/health-information/tasty-healthy-thanksgiving-tips-fact-sheet>

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Green Bean Casserole

Ingredients:

- 3 tablespoons olive oil, divided
- 1 medium sweet onion (half diced, half thinly sliced), divided
- 8 ounces mushrooms, chopped
- 1 tablespoon onion powder
- 1¼ teaspoons salt, divided
- ½ teaspoon dried thyme
- ½ teaspoon freshly ground pepper
- 2/3 cup all-purpose flour, divided
- 1 cup skim milk
- 3 tablespoons dry sherry
- 1-pound frozen French-cut green beans
- 1/3 cup fat-free sour cream—or nonfat plain Greek yogurt
- 3 tablespoons buttermilk powder
- 1 teaspoon paprika
- ½ teaspoon garlic powder

Directions:

Preheat oven to 400F. Coat a baking dish with cooking spray. Heat 1 tbsp. oil in a large saucepan. Add diced onion and cook. Stir in mushrooms, onion powder, 1 tsp. salt, thyme, and pepper. Cook. Sprinkle 1/3 cup flour over the vegetables. Add milk and sherry and bring to a simmer. Stir in green beans, sour cream or yogurt and buttermilk powder. Transfer to the prepared baking dish. Whisk together remaining flour, paprika, garlic powder and salt in a dish. Add sliced onion. Heat the remaining oil in a large skillet, medium heat. Add onion and flour mixture and cook, until golden and crispy. Spread the onion topping over the casserole.

Makes 6 servings, ¾ cups each. Nutrition per serving: 212 calories; 10g fat; 7g protein; 3g fiber; 553 mg sodium

Adapted from: http://www.eatingwell.com/recipes/green_bean_casserole.html