

# FITFAMS

COMMUNITIES CREATING HEALTHIER COMMUNITIES

## Newsletter

### A SEASON-LONG CHALLENGE:

Does the holiday season throw you off your plan? If you miss a workout because of a family function, does it derail you for three weeks? And, if you indulge in a couple cookies do you figure you might as well keep eating until January? This season, FITFAMS challenges you to consider where you can be consistent in your actions instead of perfect. It isn't one action that makes the difference; it is a series of intentional choices. Looking out, we see some conflicts for our regular routines, so we're aiming for progress, not perfection. We're going to consistently show up to do activities that anchor us, such as writing in a food journal and attending favorite exercise class. Contact us at [info@fitfams.com](mailto:info@fitfams.com) and tell us what you're planning to do.



### LET'S TALK TURKEY

Some sources say the average holiday feast may contain more than 2,000 calories! Six ounces of white and dark meat turkey is about 340 calories,  $\frac{1}{2}$  cup stuffing is 180 calories,  $\frac{1}{2}$  cup mashed potatoes and gravy is about 300 calories. A small piece of pumpkin pie is 180 calories, while apple and pecan both come in at more than 400.

Awareness is the key—know what treats you want to say yes to, and which ones you can do without! Here are some tips to help you eat smart:

<http://www.healthcastle.com/holiday-eating-healthy-thanksgiving.shtml>





## GLORIOUS GARLIC

Who knew that garlic could be a key to staying healthy? It contains allicin, which helps to heal you and stimulate your immune system. Some say it can even lower cholesterol and blood pressure; help with digestion, and even clear up fungal infections. Supplements are good, so is adding raw garlic to your food.

[Here's a link to an ode to garlic and a recipe:](#)

FITFAMS recently spoke with Jake, an active 8-year-old from Minnesota



Here's what he had to say:

*What do you do in your life to be healthy?*

**Jake:** I eat fruits, vegetables, and I play outside.

*Who in your life helps you to promote living a healthy life?*

**Jake:** My mom and dad.

*How do they motivate you to be a healthier kid?*

**Jake:** They drive me around so I can play all sorts of activities.

*How do you help other people to be healthy?*

**Jake:** I ask my friends to play.

*What's your favorite activity?*

**Jake:** Playing baseball.

*What's your favorite snack?*

**Jake:** Goldfish.

*If you could speak to all the kids in the U.S. about being healthy, what would you say?*

**Jake:** Get healthy and deal with it.

## PUMPKIN POWER!

Pumpkin season continues! This time of year, just the mention of the word probably brings to mind the smooth and spicy sweetness of pumpkin pie at your holiday feast. Keep thinking those thoughts! This gorgeous orange gourd is considered a super food. It is low calorie, low fat, and high fiber. Even better, you'll get a nice helping of powerful carotenoids with each bite of pumpkin goodness. These antioxidants help strengthen your heart and your eyes, and also reduce the risk of some cancers!

## Classic Pumpkin Spiced Angel Food Cake

### Ingredients

1 cup sifted cake flour  
1 1/2 cups sugar, divided  
1 1/2 teaspoons pumpkin pie spice  
12 large eggs  
1 teaspoon cream of tartar  
1/4 teaspoon salt  
1 1/2 teaspoons vanilla extract  
1 1/2 teaspoons fresh lemon juice  
1/2 teaspoon almond extract

### Preparation

Preheat oven to 325°.

To prepare cake, lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, 3/4 cup sugar, and pumpkin pie spice, stirring with a whisk.

Place egg whites in a large bowl; beat with a mixer at high speed until foamy. Add cream of tartar and salt; beat until soft peaks form. Add 3/4 cup sugar, 2 tablespoons at a time, beating until stiff peaks form. Beat in vanilla, juice, and almond extract.

Sift 1/4 cup flour mixture over egg white mixture; fold in. Repeat with remaining flour mixture, 1/4 cup at a time.

Spoon the batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through the batter with a knife. Bake at 325° for 55 minutes or until cake springs back when lightly touched. Invert pan; cool completely. Loosen cake from sides of pan using a narrow metal spatula. Invert the cake onto a plate.

## CATCHING YOUR NEW YEAR'S VISION

Starting to think about the New Year? Taking time to set goals or make resolutions—for the long-term and the short-term—can make the difference. Having a strong sense of what you want is the first step toward achieving it. Next, clarify why you want to achieve this goal. Finally, break it down into small, doable pieces. Have a goal you want to work on? Read more on the benefits of strong goals, and some helpful processes for defining them:

[article](#) / [article](#) / [article](#) / [article](#)



## HEALTHY SUPERBOWL SNACK ALERT!

Have you tried edamame yet? These hairy, green soybean pods are a bit like a green chip. A snack-food staple in Japan, they are quickly catching on in the United States. Eat 'em hot or cold, with salt or just plain. They're full of protein, fiber, and vitamins C and A. Not only that, they keep your fingers busy. Simply break open the pod, and eat the beans one by one. Read on for more of the benefits:

[Edamame article](#)

