

# THE HOLIDAYVINE



Wellness Works, 501-J Montague Avenue, Greenwood, SC 29649  
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## Keeping Fit this Holiday Season

It's easy to let vacation and the holiday season destroy your fitness schedule and eating habits, but why let something as rewarding as holiday festivities leave you feeling unhealthy when it's over. With a little research, and proper planning, you can create an easy to follow plan to keep you fit and healthy no matter what this holiday season has in store for you.

As our schedules become more hectic, we tend to skip meals, so focus on fitting in three meals a day to keep you from feeling famished and overindulging at any one time. Pick up portable, healthy snacks so you won't be caught hungry during your shopping or traveling. Picture a healthy meal in your mind prior to entering a restaurant, and stick to your plan as closely as possible. And go ahead and splurge on those holiday meals, but balance your diet by choosing lower calorie foods at other meals.

Traveling to spend time with family and friends can be an easy excuse for falling down on your fitness routine. Research your destination city to locate local gyms. Many offer one day, or one week passes... Just like Wellness Works does. Many cities have a great staircase, stadium, or tall buildings where you can master the stairs without a machine. If stairs aren't your thing, there are always good places for walking. Look into parks and hiking trails, or find out how many attractions you'd like to hit that are reachable by foot. If you're staying at a hotel, find out if your accommodations provide a work out facility or an indoor pool, and bring along the proper attire.

When all else fails, bring along a good old fashioned jump rope. Jumping rope is one of the best forms of cardiovascular exercise, and you can do it anywhere. And, of course, body weight exercises, such as push-ups and crunches require no equipment at all. The point is to find a workout routine that suits your needs and follow it, regardless of the hustle and bustle of the holiday festivities. Remember that the 20 to 60 minutes you spend working out everyday is for you, and try to stay on schedule.

If friends and family are coming to you, remember that Wellness Works offers a 10 Visit Pass for \$50 and 1 day passes for \$10 if you have family

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interested in joining you for your workout over the holiday season. We require the same paperwork for our short term members as we do for our long term crowd, so inquire at the front desk for the appropriate forms ahead of time, to ensure your loved ones can use our facility while they're in town!

### **Wellness Works Rates** (short term memberships)

- 10 Visit Pass - \$50 (no expiration date)
- 1 Month Membership - \$50 (One full month)
- 1 Day Pass - \$10 (One visit to the facility)

Please remember that these memberships require completed paperwork before guests may use the facility. Inquire at the Front Counter for more details.

## Holiday Hours

Wellness Works will be observing the following hours over the holiday season.



November 26, 2008 5:00 am – 12:00 pm  
 November 27, 2008 Closed



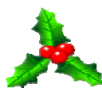
December 24, 2008 5:00 am – 12:00 pm  
 December 25, 2008 Closed



December 31, 2008 5:00 am – 12:00 pm  
 January 1, 2009 Closed

**Cholesterol Screenings**  
 1<sup>st</sup> Monday of every month  
 8:00 am – 11:00 am

\$20/ Wellness Works members  
 \$25/ Non-members



## Cranberry Stuffing

### Ingredients:

- 1 cup low-sodium chicken broth
- 1 cup chopped celery
- ½ cup chopped onion
- 10 slices whole-wheat bread, toasted and cut into cubes
- ¼ cup chopped parsley
- 1 teaspoon dried tarragon
- ½ teaspoon paprika
- 1/8 teaspoon ground nutmeg
- ½ cup chopped fresh cranberries
- 1 cup whole water chestnuts
- 1 cup chopped apple

### Directions:

- Preheat oven to 350 F. Lightly coat a 2 quart baking dish with cooking spray.
- In a large skillet, heat the chicken broth over medium heat. Add the celery and onion and sauté until the vegetables are tender, about 5 minutes.
- Remove from heat.
- In a large bowl, combine the bread cubes, parsley, tarragon, paprika, nutmeg, cranberries, water chestnuts and chopped apples. Add the onion and celery mixture.
- Stir to mix evenly.
- Spoon stuffing into the prepared baking dish.
- Cover with aluminum foil and bake for 20 minutes. Uncover and bake 10 more minutes.
- Serve immediately.

### Nutritional Information:

Serving size ½ cup

Calories	147	Protein	5 g
Carbohydrate	29 g	Total fat	2 g
Cholesterol	1 mg	Sodium	263 mg