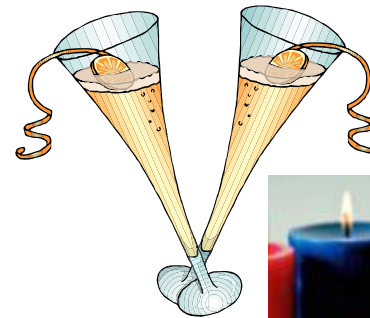


### Holding Off Holiday Weight Gain

Here are some tips to help keep weight off during the holidays.

- ❖ **Physical Activity.** People who are more active are more likely to maintain their weight during the holidays.
- ❖ **Limit alcohol consumption.** Alcohol can be a major source of hidden calories.
- ❖ **Limit soda and other sweetened beverages.** These drinks add extra calories, too.
- ❖ **Schedule holiday celebrations at normal meal times.** Celebrations outside of normal meal times encourage people to pile on extra calories.
- ❖ **Choose foods with fewer calories.** Foods with fewer calories for their size make you feel fuller sooner.
- ❖ **Use smaller plates.** The bigger your plate and the more food that's on it, the more you're likely to eat in the end.
- ❖ **Eat a healthy snack beforehand.** You'll be less likely to eat a lot of fattening food at the party.
- ❖ **Weigh yourself daily.** And plan how you'll get back on track if your weight begins to creep up.
- ❖ **Minimize stress.** Stress during the holidays can lead to overeating.



### Exploration Wellness Can Help!

**Dietitian:** 281-244-1503

**Exercise Scientists:** 281-483-0301, -0302

**Employee Assistance Program:** 281-483-3160

**Behavior Change Specialist:** 281-483-6770



Seasons Greetings



# JSC Wellness Program

## December Newsletter

[December  
Classes &  
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### National Physical Activity Guidelines For Health

#### 150 Minutes of Moderate Physical Activity Per Week: Are You Meeting The Goal?

##### Tips for meeting the guidelines

- With busy work schedules, family obligations, and packed weekends, it can often be difficult to get the recommended amount of physical activity. Try these tips for incorporating exercise into your life:
- **Do it in short bouts.** Research shows that moderate-intensity physical activity can be accumulated throughout the day in 10-minute bouts, which can be just as effective as exercising for 30 minutes straight. This can be useful when trying to fit physical activity into a busy schedule.
- **Mix it up.** Combinations of moderate- and vigorous-intensity physical activity can be used to meet the guidelines. For example, you can walk briskly for 30 minutes twice per week and jog at a higher intensity on two other days.
- **Set your schedule.** Maybe it's easier for you to walk during your lunch hour, or perhaps hitting the pavement right after dinner is best for you. The key is to set aside specific days and times for exercise, making it just as much a regular part of your schedule as everything else.

**The gym isn't a necessity.** It doesn't take an expensive gym membership to get the daily recommended amount of physical activity. A pair of athletic shoes and a little motivation are all you need to live a more active, healthier life.

**Make it a family affair.** Take your spouse, your children, or a friend with you during exercise to add some fun to your routine. This is also a good way to encourage your kids to be physically active and get them committed early to a lifetime of health.



### Satisfaction Questionnaire Report for Health Related Fitness Courses (N=438)

	Age (Yrs.)	% Male	Education (Yrs)	Lectures Missed	Weeks Exercised <3 days/wk
<b>Mean</b>	46.96	48.6	16.99	3.36	2.23
<b>SD</b>	11.56	50.1	2.51	2.03	2.01

Component Scores (4=100%, 3=75%, etc)

	Lectures	Aerobic	Wt.Train	Ex-tests	Written Test	Avg. Score	% Score
<b>Mean</b>	3.81	3.18	3.38	3.51	3.62	3.49	87
<b>SD</b>	0.24	0.61	0.64	0.47	0.47	0.30	

Percentage of Aerobic Exercise Modes Used by Graduates

<b>Run/Jog</b>	Walking	Treadmill	Stationary Bike	Rowing	Stepper Elliptical TBT	Other
<b>43.7</b>	32.9	21.1	15.0	3.3	10.3	4.7

Percentage of Students in Resistance Training

<b>Total</b>	Machines	Free Weights	Combined
<b>57.7</b>	85.4	9.7	4.9

