

WELLNESS MONTHLY

Exercise | Nutrition | Happiness

Treadmill Interval Workout

~ 2 minute walk warm-up, steadily increasing speed

~ 2 minutes jogging ~ 1 minute sprinting (about 1 mph higher than jogging speed)
~ 2 minutes walking ~ repeat as desired (I did 5 sets)

~ 3 minute walk cool down

I made this one up!!

Cashew Butter Cookie Dough Balls

Ingredients:

~ 1 cup cashew butter
~ 1/8 tsp salt (if the cashew butter is unsalted)
~ 1/4 cup maple syrup
~ 1/2 cup almond flour
~ 1/2 tsp vanilla extract
~ 1/4 cup chocolate chips

Instructions:

Mix together the cashew butter (and possibly salt), vanilla, and maple syrup. Add in the almond flour and chocolate chips, and stir until well combined. Roll into balls and let set in freezer for at least 30 minutes.

Enjoy!!! (Note: can be stored in fridge or freezer)

Recipe from @holyhealth Instagram



Avoid Holiday Overeating

Curb hunger before you dash out the door

Whether attending a holiday party, a special dinner or even a cookie exchange, have a snack before you go, so you arrive without feeling starved, and you're not tempted to make like a Thanksgiving Turkey and stuff yourself. Healthy pre-event snacks can include 1/4 of a cup of raw cashews or almonds, a piece of fruit or even a few slices of low-fat cheese. Munch on those just before an event and you'll arrive with socializing on your mind instead of filling up on the wrong foods.

Indulge like a supermodel would

Successfully navigating holiday eating doesn't mean giving into avoidance or denying yourself your true desires. It means indulging in a healthy and sane fashion. Want it? Taste it. Enjoy it. But stop there. You don't have to have more than one cookie, more than a few chips or more than one helping of each dish during dinner. Pretend you're being followed by TMZ cameras (and why shouldn't you be?) and that you're showing the world that you can eat anything (in proper portions). And by not denying yourself, you'll be less tempted to cheat when you get home from an event or outing.

Maple Pecan Krispy Treats

Ingredients:

- ~ 5 cups crispy brown rice cereal
- ~ 2/3 cup unflavored whey protein isolate
- ~ 1 tsp ground cinnamon
- ~ 1/4 tsp salt
- ~ 6.5 tbs brown rice syrup
- ~ 1/2 cup pecan butter
- ~ 1/4 cup pure maple syrup
- ~ 1 tsp liquid stevia extract
- ~ 1/2 tsp natural maple flavor
- ~ 1/2 tsp natural butter flavor

Directions:

1. Line an 8x8" brownie pan with parchment paper both ways.
2. In a medium-sized mixing bowl, add the rice cereal.
3. In a small bowl, whisk together the protein powder, cinnamon, and salt.
4. In a large microwave-safe bowl, stir together the brown rice syrup, pecan butter, and maple syrup. Microwave at 20 second intervals, stirring between each one, until warm and drippy. Stir in the stevia extract, maple flavor, and butter flavor.
5. Stir in the protein powder mixture.
6. Dump in the cereal and fold together. Feel free to fold in some chopped pecans! Scoop the mixture into the prepared pan and flatten it out. Cover and refrigerate for 3 or more hours.
Slice, serve, and enjoy!

Recipe from
dessertswithbenefits.com

Eat, drink and be wary

Don't forget that those holiday cocktails can be loaded with more calories than the snackaroos. A good general rule for women is to limit themselves to one alcohol drink a day. Men can usually go for two drinks, depending on their individual weight. But drink sensibly.

Home, sweets home

If you're someone who's more tempted to overindulge at home, when in private, then don't feel like you have to do any holiday baking. Instead, stop by your local store, and pick up any baked goods you want to give as a gift. And do so when on the way to an event. This way you not only don't have to have the baked goods in your home tempting you, but you don't have to deal with seeing your cabinets stocked with the tempting ingredients.

Make time to exercise

There are no excuses when it comes to moving your body. It must be done -- even if you are running all over town like a renegade reindeer. The trick is to actually do the running -- or walking at the very least. If you're spending an afternoon at the mall, make a few more rounds than you have to, take stairs instead of escalators and park far away (which you'll probably have to do anyway) in order to enjoy the lengthy walk to and from the mall entrance. And when you can, get your butt to the gym. Or, if you're truly pressed for time, around the block. And walk like you mean it (suck in that tummy and pump those arms).

Become a track star

By track, I mean *tracking*! In other words, make sure you keep a food diary during the holidays. Write down everything you consume -- even the handful of raw cashews recommended above. Studies suggest dieters who keep a food diary are not only more aware of what they're eating, they're also more likely to take off and keep off the excess pounds. So when in doubt, write it out.

Last but not least, enjoy yourself

While the season at hand obviously introduces some added stress into all of our lives, that doesn't mean we should make like Ebenezer Scrooge. So take a (mental) load off and be gentle with yourself. The fact is, even for all the great reasons we have for losing weight, we are good enough and hot enough right in this very moment (you're being followed by TMZ cameras after all, remember?). So add a little of your own joy to the world -- and to yourself -- while living through and hopefully enjoying the season at hand. Article from psychologytoday.com