

Integrated Bodyworks Weekly Newsletter

Week of December 16, 2018

What's Happening: Feeling the stress of the holidays? You can make them melt away allowing you to feel ready to handle the rest of the holiday season with a massage.

Fun Holidays this Week:

December 19: Oatmeal Muffin Day – Try this delicious recipe. <http://www.foodnetwork.com/recipes/oatmeal-muffins-2717971>

December 21: Crossword Puzzle Day – Try a puzzle today. <https://www.boatloadpuzzles.com/playcrossword>

December 21: Look on the Bright Side Day – Quote: "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." --*Oprah Winfrey*

December 21: Winter Solstice, the shortest day of the year – Astronomically marks the beginning of shortening nights and lengthening days

Hydration Recipe

Keeping hydrated is an important part of staying healthy. Water promotes cardiovascular health, keeps your body cool, helps muscles and joints work better and keeps skin supple. Here is this week's hydration recipe:

Cranberry Mint Water

Ingredients:

1 lb fresh cranberries

1 cup fresh mint leaves

ice

water

Instructions:

In a punch bowl or drink dispenser combine all ingredients. Serve immediately.

Healthy Side Alternatives for Holiday Dinners

If you're anything like the rest of us, you will be invited to more than one dinner gathering during the holidays. If you are trying to stay healthy this holiday season, here are some tips that will help?

1. Drink a lot of water before you head over to the festivities. This will keep you from being too hungry to wait for the main meal. No room for appetizers. Score one for you!
2. Eat a healthy snack before you head over.
3. Get in a quick workout so that you are burning enough calories that you can handle taking a bite of that delish pie on the counter without feeling guilty!
4. Bring over healthy side dishes.

Here are a few healthy side alternatives you can bring to your next event:

Mashed Cauliflower

Anyone watching carb content knows to avoid potatoes. Try this instead: boil and mash cauliflower instead of potatoes. Using this tasty recipe, nobody will miss those potatoes. Save the carb count for the rest of the meal.

<http://allrecipes.com/recipe/230816/garlic-mashed-cauliflower/>

Garlicky Green Beans

I know that the green bean casserole is a treasured addition to any holiday meal, but it's chock full of calories and fat that you just don't want right now. Try this recipe for garlicky green beans that incorporates those veggies in a new and delicious way.

<http://www.eatingwell.com/recipe/249339/garlicky-green-beans/>

Crunchy Pear and Celery Salad

Instead of the traditional macaroni, green or potato salad – hey, I don't know what your main dish will be – try this non-traditional pear and celery salad. Pears taste amazing this time of year, and will make for an amazing sweet treat for your tastebuds.

<http://www.eatingwell.com/recipe/249276/crunchy-pear-celery-salad/>