December is Safe Toys & Gift Month

“It’s choice, not chance, that determines your destiny.”
-Jean Nidetch (founder of Weight Watchers)

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B. NICE

The lines at all the stores will probably be long and test your patience. Try to enjoy the process and get into the spirit of the holiday season. Chat with others in line and remember that everyone is in a hurry. To avoid the crowds, try going at off-peak hours. By the way, standing burns more calories than sitting!

B. SIMPLISTIC

New Year’s resolutions are just around the corner. I believe that most resolutions center around health, fitness, and overall wellness. Many times we set ourselves up for failure by making the goal too big.

Let’s take a look at a few easy ways to incorporate wellness into our lives. If you are inactive, be more active by going for a daily walk of 30 minutes. You do not need to sign up for a marathon. Want to eat healthier? Buy only healthy foods. Increase your servings of vegetables, fruits, whole grains, and lean proteins. Eat out on rare occasions and enjoy those times. Get the exams that are recommended for your age.

B. AT A PARTY

December is the month of holiday gatherings and parties, which can derail the best of your healthy-eating intentions. So, how can you navigate this month while still enjoying yourself and without suffering from buyer’s remorse in January? Eat a healthy meal before going out to a party. You will be full and less likely to graze throughout the night. Keep your drink in the hand that you usually eat with; this will occupy that hand and eliminate grazing. It may feel awkward eating with the “other” hand. Other tips: stay out of the room where all the food is and limit your alcohol consumption.

B. SAFE

Too much alcohol does not mix well with anything. Hopefully, by now you know not to drink and drive. Alcohol can also have a negative impact on our relationships — all of our relationships. So, enjoy the holidays and your favorite libations, but please do so in a responsible manner.

MARK’S PICK

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**Practically Speaking**

**No Power — Twice**

Hurricane Sandy is behind us but the possibility of winter power outages is ahead of us. So, I thought I would share a few food tips from the recent storm.

I hit the store a few days prior to the storm to stock up on items that would provide energy, were nutritionally sound, and could go without refrigeration. I grabbed 100% whole wheat/whole grain bread, granolas, nuts, some fruits and vegetables, water, and canned meat. I already had canned pumpkin and beans and peanut butter at home. I was confident I could go a few days without power for cooking or refrigeration.

I was surprised by the amount of people who decided they needed soda, chips, ice cream, pop tarts, and other items with long shelf lives but little to no nutritional punch! I think I will learn how to can food so I can be prepared year round, for our next loss of power.

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**ACTIVE**

Shoveling snow can burn off quite a few calories — almost 500 calories an hour for an average person. But let's look at some issues to keep in mind. If you have a cardio-vascular, pulmonary, or skeletal-muscular condition, check with your doctor before performing this strenuous activity. If you are relatively healthy, make sure you use your legs to do the heavy lifting, be careful when twisting and throwing a shovel full of snow, stay hydrated, and wear the proper clothing. Take breaks at regular intervals and make sure traffic can see you and you can hear them. This means no headphones.

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**NUTRITIOUS**

**Crustless Crab Quiche**

- 2 tsp. extra virgin olive oil
- 1 each onion and red bell pepper, chopped
- 12 ounces cleaned chopped mushrooms
- 2 each large eggs and egg whites
- 1 1/2 cups low-fat cottage cheese
- 1/2 cup low-fat plain yogurt
- 1/4 cup each all-purpose flour, grated sharp cheddar cheese, grated parmesan cheese, and chopped scallions
- 1/4 tsp. each cayenne pepper, pepper, and salt
- 8 ounces cooked lump crab meat, drained

**DIRECTIONS:** Preheat oven to 350. Coat a 10" pie pan with non-stick spray. Pour olive oil in skillet and cook onion, pepper, and mushrooms until soft, 5-7 minutes. Drain liquid and place in bowl. Place egg, egg whites, cottage cheese, yogurt, flour, parmesan & cheddar cheese, cayenne pepper, salt, and pepper into a blender or food processor and blend until smooth. Add to vegetable mixture and pour into pie pan. Bake 40-50 minutes.

If you have a question you would like answered, please contact me at mkrug@ConnectCare3.com

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