

PowerHouse Health & Fitness, (281) 383-9947 or (713) 598-9729

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Ten tips to help survive the holidays!

Sign up for the CRUISE!

Do your kids have healthy eating habits?



Survive the Holidays & Company Potlucks!

From Thanksgiving to New Year's Eve, the holiday season is (for most people) five or six weeks of non-stop eating and indulgence. But, you can make it through the holiday season, if not any lighter than you were, at least not any heavier. Here are 10 tips that can help make your holiday season healthy.

1. "Don't try to diet during the holidays," My advice to all my clients is to set a goal of trying to maintain your present

weight. That way, you have a realistic goal. You allow yourself to indulge, but don't go overboard."

2. "Pace, don't race," Savor the flavor by eating slowly. This will give your food time to digest & you will feel satisfied before you can finish everything on your plate.

3. "Remember that alcohol is packed with calories," Choose light beer and wine over mixed drinks. A holiday-sized mixed drink can have 500 calories or more.

4. "Offer to bring a low-calorie dish to the party, so you know there will be at least one "safe" item available." Stand far away from buffets so you're not tempted to nibble constantly.

5. "Make the effort to continue a regular exercise program," Exercise will help keep extra calories away, but it also can reduce the stress of social events and family get-togethers."

6. "Don't go to a party or

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event on an empty stomach," Snack on protein before you go. It helps you eat less.

People think that if they skip lunch, or don't eat all day, they can eat more later. But, skipping meals means you're hungry, and your chances of overeating later are much higher."

7. "Keep an eye on your portion sizes," Instead of eating a large amount of food, try to eat a large variety of foods.

8. "Don't let a hectic holiday schedule force you to eat fast food."

Continue to make good food, try to eat a large variety of foods.

8. "Don't let a hectic holiday schedule force you to eat fast food." be prepared when running holiday errands.

9. "When the party is at your house, put low-calorie and fat-free salad dressings on the menu." Pack the table with vegetable dishes, and make reduced-fat versions of your family's favorite dishes."

10. "Make decisions about what you're going to eat," I advise my clients to eat the things they love first and to skip the foods they can "live" without. For example, if you love pie, but you can do without the turkey, then EAT THE PIE & skip the turkey. You will consume less food & calories this way.



*"Reward yourself...join us
on the Fitness Cruise!"*

Sail Away After You Melt Away (the fat!)

All aboard the FITNESS CRUISE! Join us on a five day adventure from August 23rd to August 28th 2008. You first stop takes you to Cozumel, Mexico. Naturally, water sports reign supreme on a

paradise with so many beaches and coral reefs. Then you're off to Progreso in the Yucatan Peninsula of Mexico. This is the perfect place to explore the ancient Mayan ruins. For more

details and payment information call Gracie Gunn, 713.783.6497 or 832.428.0292 Tell her you want to join the Fitness Cruise!

Healthy Holiday Recipe Idea!



Walnut Meringues

This recipe makes: 36 cookies

Ingredients:
1/2 cup egg whites (about 4 large egg whites)
a pinch of salt
1 cup sugar
1/2 cup finely chopped walnuts

1. Preheat the oven to 300°F. Line 2 cookie sheets with parchment or wax paper.

2. With an electric mixer,

beat the egg whites and salt on high speed until soft peaks form.

3. Continue mixing on high speed while adding 1/2 cup of the sugar. Add the remaining sugar by the tablespoon. Beat for another 1-2 minutes, until the mixture is stiff and shiny.

4. Drop by the spoonful onto the cookie sheets. Flatten each cookie slightly with the back of a spoon. Sprinkle the meringues evenly with the chopped walnuts.

5. Bake until pale golden, about 30 minutes. Let cool. Serving Size: 1 cookie

Calories*32
*Carbohydrate*6 g*Fat*1 g*Fiber*0 g*Protein*1 g*Saturated Fat*0 Sodium*7 mg***

For this recipe and more visit these helpful websites: www.foodfit.com, www.goodeatinggoodliving.com, www.diabetesnewday.com, www.splenda.com.

Water Facts:

Did you know?

- Our bodies consist of 55 – 75% water.
- Depression and fatigue are often symptoms of dehydration.
- It is healthy to drink water with meals, as it aids the process of digestion.
- The best way of getting

rid of water retention is to drink a lot of water.

- Water allows the body to metabolize fats more efficiently.
- Good water intake prevents the skin from sagging.
- Water is the main food the body needs.
- The thirst reflex only appears when our bodies are already dehydrated.
- Children dehydrate more

quickly than adults do, and a survey revealed that 65% of schoolchildren drank too little water.

- A 2% reduction of water levels in the body can lead to a 20% decrease in mental and physical performance.
- Dehydration may induce contractions in pregnant women.

Kids...and eating healthy...

Our children's health is of major importance these days with the issues that are at hand, including childhood obesity, cancer, and diabetes, to name a few. We want the best for our children, yet sometimes healthy eating habits go overlooked...and as hard as it is to admit...these habits (healthy or not) start at home.

Here are a few questions to ask yourself to see if your children are developing healthy eating habits, (answer yes or no).

- My child eats both fruits and vegetables every day.
- My child eats a variety of foods, including healthy sources of protein, whole grains, fruits, vegetables, and dairy.
- My child usually eats when he/she is hungry, not when bored or stressed.

- My child will try new foods.
- Our family rarely eats meals or snacks in front of the TV.
- Our family eats together at least 5 times a week.

If you answered "yes" to any of these...great job! If you answered "no", now you know what you need to work on. Don't overwhelm yourself though. Just work on it one at a time until you can answer "yes" to all questions! Also, if you've come up short in any areas, resolve that you and your children will work together on this!



Spotlight on...

Inspired by London

We would like to introduce **London Spivey-Jones**, founder of Inspired by London, as a partner of the PowerHouse Health & Fitness. She is located here in the **Humble, Atascocita, and Houston areas** and has been in the fitness industry since 2001. Several years ago, London **struggled with her weight** while pursuing a modeling career. In an effort to achieve her desired "look", she decided to make her own

discoveries as to how **fitness could benefit her** and give her an edge in the fashion industry. Through her efforts she not only discovered how fitness could help her, but how it could help lots of other people as well! She learned that she had a **passion for fitness** and teaching others about it! One of the many things she loves about her new-found career is "**dispelling the myths**" about health and fitness! But the main thing that impacts her is seeing her clients get the results they have always dreamed of, and helping to **change their lives, forever**. She has been **certified** since 2005, and not only does **personal training**, but hosts **boot**

camps, and **workplace wellness programs** as well! She has **experience with both men and women from the ages of 23 on up to 60**, and has helped many with medical conditions including heart disease, hypertension, high cholesterol, obesity, diabetes, osteoporosis, arthritis, chronic pain, and post-rehab, just to name a few. She is constantly thinking of ways to reach **more people** as well as making programs that are **affordable for everyone!**

You can reach her by phone at (832)452-7211 or by e-mail at agnelsie@gmail.com, or look her up on the web at www.inspiredbylondon.com

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*Helping the world become
fit in every way!*

Cooking Tip: Boiling Eggs!

I got an excellent cooking tip for boiling eggs sometime last year from my Dad, who got it from his fiancé! What she does is:

1. Puts the eggs in a pot and covers them with cold water.
2. Bring them to a good rolling boil.

3. Put a lid over the pot and turn the burner off.

4. Let them sit for 15 minutes on the burner.

5. After time is up, you can run them under some warm water, and slightly turn the water colder and colder so as not to crack the eggs.

When they are cool enough to peel, crack them all around and then the peeling will literally almost slide off. It's amazing! It's the only way I boil them now!

Try it...you'll see!

About PowerHouse Health & Fitness...

We are "fitness-minded" in every way! We want your body fit, your finances fit, and your inner self fit! If you need help...you'll love us! We have something for everyone and every level!

We'll coach you to your personal fitness goals, no matter how simple or extreme! We offer online training, boot camps, small groups, or wellness programs for your workplace, business,

family or church! Our certified fitness professionals are ready! All you have to do is decide that YOU'RE ready and CONTACT US!

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