

# LIVE WELL WORK WELL



Health and wellness tips for your work and life, presented by:



Your solution for a healthier workforce.

## Start Planning Today for a Stress-free Holiday Season

### Stay Fit While You Travel

For many, the holidays signal a time of traveling. Below are some simple strategies for sticking to a healthy plan while you travel.

- **Always pack workout clothes in your suitcase.** When packing for a trip, leave room for exercise clothing and fitness gear in your suitcase. With an outfit packed, you will be prepared to fit in fitness when you get to your destination.
- **Be flexible.** Don't take an "all-or-nothing" approach to working out on your trip. Even if you can't stick to your usual routine, you can still add physical activities to your day, such as standing instead of sitting, taking stretch breaks and using the stairs.
- **Bring travel-size fitness equipment.** Some fitness equipment is small enough and lightweight enough to pack in your suitcase. Bring a jump rope or resistance band, or consider investing in travel weights, which can be filled with sand or water once you reach your destination.
- **Follow the 80/20 rule.** Eat healthy 80 percent of the time. Indulge occasionally, but make sure most of your choices are healthy.

While the holiday season brings joy and togetherness, it can also bring stress for many individuals and families. Top holiday stressors include staying on a budget, managing multiple commitments and finding the perfect gift. Fortunately, by getting organized and planning out what you can ahead of time, you can help reduce your holiday stress.

**Write down any known commitments.** Does your child's school have a holiday concert? Are you planning on hosting a holiday dinner? Making a list of your commitments will help you plan your time and help you avoid double-booking yourself.

**Create your budget now.** If you're stressed about how your holiday spending will impact you after the holidays are over, you're not alone. Remember, the sentiment of a gift is much more important than the cost. Set a realistic budget and do not go over it.

**Start shopping early.** Do you already know what you want to get some people on your list? Don't be afraid to shop early. Sometimes, you can get great deals on presents even before the holiday season hits. Moreover, you can avoid the scenario of not being able to get the gift you want because it's sold out.

Planning ahead can go a long way. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.



This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

## ORANGE HONEYED ACORN SQUASH

- 3 acorn squash (small)
- ⅓ cup orange juice
- ¼ cup honey
- 2 Tbsp. butter
- ⅛ tsp. ground nutmeg (optional)

### PREPARATIONS

1. Heat oven to 400 F.
2. Cut squash in half. Remove seeds and place halves in shallow baking pan.
3. Combine orange juice and honey in a small bowl. Mix well. Put some of the mixture in each squash cavity.
4. Add 1 Tbsp. of the butter to each squash half. Sprinkle with nutmeg, if desired.
5. Cover pan with aluminum foil to keep steam in and speed up cooking. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

Makes: 6 servings

### Nutritional Information (per serving)

Total Calories	170
Total Fat	4 g
Protein	2 g
Carbohydrates	34 g
Dietary Fiber	3 g
Saturated Fat	3 g
Sodium	40 mg

Source: USDA



## American Diabetes Month

American Diabetes Month, which occurs every November, aims to raise awareness of the growing public health crisis of diabetes. More than 29 million people in the United States have diabetes. Moreover, according to the National Diabetes Prevention Program, 1 in 3 American adults has prediabetes. People who have prediabetes are more likely to develop Type 2 diabetes, have a 50 percent higher risk for cardiovascular disease and may already be experiencing adverse health effects.

People with prediabetes often have no signs or symptoms, or don't recognize them because they develop slowly over a period of time. The American Diabetes Association has created a quiz on their website, [doihaveprediabetes.org](http://doihaveprediabetes.org), that can help you find out if you're at risk for developing prediabetes. You should also contact your doctor if you are concerned about your risk of developing prediabetes or Type 2 diabetes.

If diagnosed with prediabetes, you can and should do something about it. Studies show that people with this condition can prevent or delay the development of Type 2 diabetes through simple lifestyle changes like regularly exercising, maintaining a healthy weight and eating well.

# 6 TIPS

## FOR DIABETES PREVENTION

1. KNOW YOUR RISKS.
2. MANAGE YOUR WEIGHT.
3. GET MORE EXERCISE.
4. CHOOSE WHOLE GRAINS.
5. MONITOR CARBOHYDRATE INTAKE.
6. STICK TO A HEALTHY DIET.

