



**Fact:**  
**Holiday Weight Gain**

Most people believe they gain a lot more weight during the holidays than they actually do. An individual with BMI between 18.6 - 24.9 usually gains only about 1 pound between Thanksgiving and Christmas. An individual with a BMI over 25 can gain up to 5 pounds. The biggest problem with holiday weight gain is that it is very hard to lose the weight, so throughout the years that 1 pound each holiday adds up - making your total annual weight gain appear higher.



**Fight the Winter Blues**

The holiday season tends to throw a wrench in your normal routine (especially activity and healthy eating habits!) and leave you with a major case of the winter blues come January 1st.

When it's cold and dark at the end of a long work day nothing seems appealing about lacing up your sneakers and hitting the gym, but studies suggest that activity is the best way to keep the blah feeling at bay.

Some tips: Start with just 20 minutes, keep your sneakers and gym clothes in your car to avoid plopping down on the couch and never getting back up, and give yourself a break - most people don't work out with the same intensity in the winter (use this time to restore!). It's time to get moving and literally out run those winter blues!!



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**New Year  
New You!**

Every year we see January 1st as the first day of our new lives. We vow (with the best of intentions) to change all of our bad habits at once only to fall off the wagon within a few short weeks. Why does this happen and how can this year be different?

First of all January 1st doesn't need to be the day for positive changes in your life, any day is the perfect time to start. The pressure of the New Year tends to make people a little overzealous with their goals. Don't vow to change everything about yourself effective immediately - you won't be able to keep it up. Instead set small realistic goals. Want to start being more active? Then say "I'm going to go to the gym 2 times a week" instead of "I'm going to get up at 5 every morning and go to the gym". If you stick with your goal and work out twice a week for an entire month, on February 1st increase your goal to 3 days a week. You are now developing a good habit that is likely to stick!

Another important thing to remember when making New Year's resolutions is to be patient with yourself - this is particularly important for those of you hoping to lose weight in the New Year. Come up with a realistic goal of what you want to lose (10% is usually a good starting point). Don't get frustrated when you don't lose every pound you want right away - think about how long it took you to gain the weight; it is only fair to give your body an adequate amount of time to take it off. Slow weight loss usually means you keep it off!

Lastly, start preparing yourself now for the changes you hope to make. Don't sit on the couch and eat every junk food you can find and then expect some magical transition right away. Start making small changes now that will make your transition easier!



**Recipe makeover**

**No Noodle Lasagna**  
(And you won't miss them!)

**Ingredients:**

- 3 Large ripe eggplant
- 15 oz skim ricotta
- 1 large egg
- 2 cups part skim mozzarella cheese
- 2 jars marinara sauce (read labels and find one low in carbs and sugar!)
- Cooking spray

**Directions:**

Slice eggplant into thin slices (about the width of a lasagna noodle). You can slice them lengthwise or in disks.

Pour 2 cups of water into a deep pan, bring to a boil. Cook the eggplant slices in batches, cook for about 1 minute on each side. Transfer to a paper towel so excess water can be absorbed.

Mix ricotta, egg, and 1 cup mozzarella in a large bowl, set aside.

Spray a large casserole dish with cooking spray. Coat the bottom of the dish with ¼ cup marinara sauce. Place a layer of eggplant on the bottom. Top the eggplant with ½ ricotta mixture and marinara sauce. Repeat with remaining eggplant, ricotta and sauce.

Sprinkle remaining 1 cup of mozzarella cheese on top and bake for 20 minutes covered. Bake an additional 10 minutes uncovered until top is golden brown. Let sit for 15 minutes uncovered before cutting.

If you don't like eggplant you can replace it with thinly sliced squash or zucchini, or do a combination of all 3!

You can also add turkey sausage or meatless sausage crumbles to the sauce for protein.

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