



The Pilates Connection Weight Loss Challenge

NEWSLETTER

November 1, 2010

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THIS WEEK'S TOPIC...

HOLIDAY TIPS...

How to Prevent Gaining Extra Pound During the Holidays

Gaining weight during the holidays is common, but not inevitable. Plan ahead and avoid holiday weight gain by following these simple tips.

For many adults, the average weight gain during the holidays is only one pound. For those who are **overweight**, weight gain during the holiday season can add up to five pounds or more. While gaining one to five pounds isn't necessarily bad, research suggests weight gained during the holidays is usually never lost, so the pounds can add up after a few years. Avoiding holiday weight gain is easy when following a few simple strategies.

Preventing Holiday Weight Gain

Planning ahead for what is typically the busiest and most stressful time of the year is one of the best approaches to preventing holiday weight gain. Some tips for avoiding holiday weight gain include:

1. Since stress can cause weight gain, manage stress by getting enough sleep and exercise to reduce stress and prevent stress eating.
2. Watch portion sizes and eat favorite holiday foods, such as sugary cakes and cookies, in moderation.
3. Limit alcohol to avoid too many extra calories. At parties, alternate alcoholic beverages with sparkling water with lemon.
4. Avoid skipping meals, as this may lead to overeating later on, a slowdown in metabolism, and fatigue.

5. Get an adequate amount of sleep, since lack of sleep makes it harder to resist fattening foods.
6. Never go to parties hungry since it is easy to overeat when famished. Eat a small, nutritious snack before leaving for a party or drink a tall glass of water before hitting the buffet table.
7. Prepare baked foods or holiday meals using natural sweeteners or lower-calorie and lower-fat versions of ingredients.
8. Eat slowly at meals and wait at least 15 minutes before going back for a second helping. This gives the body enough time to feel satiated.
9. Maintain a normal workout schedule to balance food intake and calorie burn. If time is an issue, consider shorter, more intense workouts.
10. **Remember that the holidays are about more than food.** Plan activities that revolve around enjoying family and friends to divert attention from food.

Although gaining weight during the holidays is common, planning ahead is key to preventing holiday weight gain. Focusing on the more than just food, managing stress, and maintaining a balance between food intake and physical activity are the best ways to avoid the need to make weight loss a New Year's resolution.

Read more:

http://nutrition.suite101.com/article.cfm/best_tips_to_avoid_holiday_weight_gain#ixzz0Vkg2RILg

MAKE SOMEDAY TODAY!

RECIPE

WOK-SEARED CHICKEN TENDERS WITH ASPARAGUS & PISTACHIOS

Ingredients

- 1 tablespoon toasted sesame oil
- 1 1/2 pounds fresh asparagus, tough ends trimmed, cut into 1-inch pieces
- 1 pound chicken tenders, (see Ingredient Note), cut into bite-size pieces
- 4 scallions, trimmed and cut into 1-inch pieces
- 2 tablespoons minced fresh ginger
- 1 tablespoon oyster-flavored sauce
- 1 teaspoon chile-garlic sauce, (see Ingredient Note)
- 1/4 cup shelled salted pistachios, coarsely chopped

Preparation

1. Heat oil in a wok or large skillet over high heat. Add asparagus; cook, stirring, for 2 minutes. Add chicken; cook, stirring, for 4 minutes. Stir in scallions, ginger, oyster sauce and chile-garlic sauce; cook, stirring, until the chicken is juicy and just cooked through, 1 to 2 minutes more. Stir in pistachios and serve immediately.

Tips & Notes

- **Ingredient Notes:** Chicken tenders, virtually fat-free, are a strip of rib meat typically found attached to the underside of the chicken breast, but they can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion. Tenders are perfect for quick stir-fries, chicken satay or kid-friendly breaded "chicken fingers."
- Chile-garlic sauce is a blend of ground red chiles, garlic and vinegar and is commonly used to add heat and flavor to Asian soups, sauces and stir-fries. It can be found in the Asian-food section of large supermarkets. It will keep in the refrigerator for up to 1 year.

Nutrition

4 Servings. Per serving: 208 calories; 8 g fat; 7 g carbohydrates; 30 g protein; 3 g fiber

Exchanges: 1 vegetable , 4 very lean meat, 1 fat

Recipe from eatingwell.com

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