

# FITNESS FUN @ WCA

1 Corinthians 6:19-20

“Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.”



## Thanksgiving Fitness Tips

According to an article written by Kathleen M. Zelman, MPH, RD, LD, for WebMD, there are ways to enjoy a thinner Thanksgiving. Here are a few of the tips she offers as well as some of my own:

- Get Active – Eat less and exercise more. Make it a goal as a family to move more during this holiday season. Increase your physical activity when you know that you will be consuming more calories than normal.
- Eat Breakfast – Don't skip breakfast so that you can eat more later on. Begin your day with a nutritional breakfast so that your appetite will be less when it is time for the bigger meals of the day.
- Lighten Up – Use less sugar and fattening ingredients in what you cook and serve to your family. Prepare more dishes with fresh fruits and vegetables instead of an overabundance of desserts.
- Police Your Portions – Choose to eat foods that are not a regular staple in your everyday diet and then eat smaller portions. Skip eating seconds, instead save some for leftovers.
- Slowly Savor – Take your time eating and enjoy your meal. Spread the meal out over the day taking walks or other physical activities between eating.
- Focus on being Thankful – There is more to Thanksgiving than just eating. Spend time together with family and friends thanking God for all your blessings. Come up with activities for the whole family to be a part of to help create an atmosphere of gratitude.

Happy Thanksgiving! ☺  
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2014-2015 Fitness Coordinator

