



HALDIMAND-NORFOLK HEALTH UNIT

EMPLOYEE HEALTH & WELLNESS

New Year's Resolutions for a Healthy Lifestyle



Every year, almost half of all adults in Canada make one or more resolutions at the beginning of the new year. The most popular New Year's resolutions were found to be healthy eating, achieving a healthy weight, increasing physical activity and quitting smoking. "Just like clockwork, January always sees a hike in the number of people who start thinking more about their health and wellness," says the Health Unit's physical activity promoter Michele Crowley. "Gym attendance soars and by March it starts to wane. Other people try quick-fix fad diets or chemical-based weight-loss programs, both of which usually fail to achieve lasting results."

However, some research has shown that making resolutions can actually be helpful in changing behaviour, and that almost

half of people's resolutions are maintained after six months. While many people who make New Year's resolutions do break them, research shows that making resolutions is useful.

"It's easier than you think to make changes in your daily life that will go a long way to improve your health," Crowley says. "Quick-fix solutions are not the answer, and not everyone enjoys working out in a gym setting. Your best bet is to take a look at your routine, figure out how you

can incorporate the activities you enjoy and then introduce better eating habits into your daily life." Some simple changes you can try are turn off the television and computers, go for a walk on your coffee break, eat and play together as a family, eat breakfast and make sure that you get at least seven to eight servings of fruit and vegetables everyday.



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Tips for Keeping Your New Year's Resolutions



1. Be realistic. Avoid making extreme changes because they are more difficult to maintain.
2. Make your goals positive, like spending more active time with your kids, as it is more motivating and valuable.
3. Focus on health rather than weight loss.
4. Share your goals! Ask a friend to join you in your goals and motivate each other to stay on track.

Norcross, J.C., Mrykalo, M.S., & Bloggs, M.D. (2002). Auld lang syne: Success predictors, change processes, and self-reported outcomes of New Year's resolvers and nonresolvers. *Journal of Clinical Psychology*, 58, 397-405.

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Food Safety Tips for the Holidays

Food is a large part of holiday celebrations. Follow these safe food-handling tips to decrease the risk of food-borne illness during the holiday season.

Preparing and Serving Holiday Buffets

- Remember the “two-hour rule” when entertaining with a large meal or buffet.
- Keep hot foods hot with warming trays, chafing dishes or slow cookers that measure at least 60°C (140°F).
- It is unsafe to add new food to a serving dish that has been sitting at room temperature for more than two hours.

Traveling with Food

- Wrap hot food in foil and heavy towels or insulated containers.
- Store cold foods in a cooler with ice or freezer packs.
- Full coolers keep their temperatures longer than partially full ones.

Leftovers and Storage

- Refrigerate leftovers promptly in covered, shallow containers so they cool quickly.
- Remove turkey from the bone and store separately from stuffing and gravy.
- Reheat leftovers to a least 74°C (165°F). Bring gravy to a full, rolling boil and stir during the process.
- Use leftover turkey and other cooked dishes within two to three days. Use stuffing and gravy within two days.

For more information on food-borne illness and safe food-handling practices, visit the Canadian Food Inspection Agency website at www.inspection.gc.ca or contact the Haldimand-Norfolk Health Unit.

(Adapted with permission by the Canadian Food Inspection Agency)



UPCOMING EVENTS

December:

- Dec. 1 – World AIDS Day
- Dec. 3 – International Day of Disabled Persons
- Dec. 22 – Olympic Torch is Coming to Town
 - Simcoe 8:58 a.m.
 - Delhi 10:25 a.m.
 - Courtland 10:57 a.m.

January:

- Alzheimer's Awareness Month
- Alzheimer's Walk for Memories
 - Jan. 13, 2-6 p.m. Dunville Secondary School
 - Jan. 26, 4 - 6 p.m. Caledonia Arena
 - Jan. 28, 11- 1 p.m. Simcoe at the Aud
- Jan. 18 to 24th – National Non-Smoking Week
- Jan. 27 – Family Literacy Day

Responsible Hosting Tips



The holiday season is a special time to host family and friends in a warm, safe and welcoming atmosphere.

Did you know?

You can be held legally liable if someone leaves your party intoxicated and suffers injury or injures someone else.

- Have low-alcohol and alcohol-free cocktails and drinks available (see mocktail recipe).
- Serve snacks! It is better to eat while drinking than to drink on an empty stomach. Try veggies, cheeses and light dips – they're great and don't make your guests thirsty, like salt, or sweet or greasy foods do.
- Don't drink too much yourself.
- Stop serving alcohol a few hours before the party is over.
- Find out how guests will be going home from your party. Be prepared to take away car keys. Know your designated drivers. Have cash and phone numbers ready for taxis.
- Be prepared for overnight guests.

Low-Risk Drinking GUIDELINES

Maximize Life, Minimize Risk

Many people have heard mixed messages about whether drinking alcohol has good or bad effects on a person's health. The Low-Risk Drinking Guidelines are intended to help people make an informed decision about the amount of alcoholic beverages they consume.

One standard drink is 5 oz. of wine or 1.5 oz. of spirits or 12 oz. of beer. (Note: Coolers and higher alcohol beers have more alcohol than one standard drink.)

- If you don't already drink, don't start for "health reasons."
- If you do drink, avoid getting drunk or intoxicated.
- Wait at least one hour between drinks.
- Have something to eat.
- Drink non-alcoholic beverages, such as water, soft drinks or fruit juice.

The Low-Risk Drinking Guidelines are for people of legal drinking age. The Low-Risk Drinking Guidelines have been developed by a team of medical and social researchers from the University of Toronto and the Centre for Addiction and Mental Health.

0 Zero drinks = lowest risk on an alcohol-related problem

2 No more than 2 standard drinks on any one day

9 Women – up to 9 standard drinks a week

14 Men – up to 14 standard drinks a week



University of Toronto and the Centre of Addiction and Mental Health. (n.d.) Low-risk drinking guidelines. Retrieved Dec. 4, 2000, from <http://www.lrdg.net/guidelines.html>

Holiday MOCKTAIL recipe

The Carolling Cup of Cider



- Apple cider 8 oz
- Cloves 3
- Stick cinnamon 1
- Peel of 1 whole orange

INSTRUCTIONS

- To a saucepan, add cloves, stick cinnamon and the peel of a whole orange. Add apple cider. Heat almost to a boil. Remove cloves, cinnamon and orange and pour into a heatproof mug. Garnish with a fresh clementine skewer.

Healthy Gift Ideas

The holiday season is a great opportunity to give your friends and family gifts that will help them stay healthy and active.

Healthy Eating:

- A healthy cookbook, such as the Canadian Diabetes Association's "Simply Great Food."
- A fruit basket filled with unique fruits such as papayas or pomegranates.
- A salad bowl filled with ingredients and accessories needed to create a tasty salad such as flavoured vinegars or low-fat salad dressings.

Physical Activity:

- Gift certificate to an exercise class, such as yoga, pilates or Tai Chi.
- A trail map of your area (guides are available for both Norfolk and Haldimand counties) with a water bottle and backpack.
- A yoga mat with an instructional video or DVD.
- Skipping ropes, balls and sports equipment that help to encourage active play.
- Passes for recreation centres, rinks, swimming pools or the bowling alley.



Holiday BISCOTTI



Preheat oven to 325°F (160°C)

- 2½ cups All-purpose flour
- 1 cup Slivered almonds or pistachios
- 1 tbsp Grated orange zest
- 1 tsp Baking powder
- ½ tsp Salt
- 2 Eggs
- 2¾ cup Granulated sugar
- ½ cup Margarine
- 2 tsp Vanilla or almond extract

INSTRUCTIONS

1. In a medium bowl, combine flour, almonds, orange zest, baking powder and salt.
2. In a large bowl, beat eggs, sugar, margarine and vanilla until slightly foamy. Fold

in flour mixture.

3. Divide dough in half and shape each half into a log about 14" (35 cm) long and 2" (5 cm) wide. Place on prepared baking sheets. Smooth top and sides with clean hands.
4. Bake in preheated oven for 30-minutes. Remove from oven and reduce oven temperature to 275°F (140°C). Remove logs from baking sheets and let cool on a wire rack for 10 minutes.
5. Using a serrated knife, cut each log into ½" (1 cm) thick slices. Place slices upright on baking sheets.
6. Bake for 20 to 25 minutes or until golden and crisp. Let cool on baking sheets on a wire rack for 5 minutes, then remove to rack to cool completely.

Recipe reprinted with permission of Dietitians of Canada from Simply Great Food, published by Robert Rose Inc, 2007 www.dietitians.ca/eatwell