



The Rittenhouse Women's Wellness Center

Eating Right - Staying Fit - Embracing Wellness

November 2010 Newsletter

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Eating Right, Staying Fit and Coping through the Thanksgiving Holiday

Eating Right



For many of us, Thanksgiving brings about memories of favorite dishes only prepared once a year, old family recipes, and the joy of helping family members prepare and serve a Thanksgiving meal. However, if you are one of the many Americans who is trying to lose weight, or even maintain a healthy body weight, this time of year can be a big struggle. Thanksgiving should be about family, enjoying the distinct aromas, colors, and beauty of the harvest feast since the holiday came from the idea of thankfulness and shared celebration.

Cornucopia of Healthy Tips for Eating on Thanksgiving

For many Americans Thanksgiving brings about memories of favorite dishes only prepared once a year, helping family members prepare and serve a Thanksgiving meal or learning an old family recipe. However, if you are one of the many Americans who is trying to lose weight, or even maintain a healthy body weight, this time of year can be a big struggle. Thanksgiving should be about family, enjoying the distinct aromas, colors, and beauty of the harvest feast since the holiday came from the idea of thankfulness and shared celebration. Below are some tips to help manage eating "just enough" at Thanksgiving.

Breakfast

Not only does it give us energy to start off the day, but it is an instant metabolism booster. Eating a balanced breakfast with foods from at least 3-4 food groups can help keep you full, and prevent overeating later on. For instance, an egg white on a half of whole grain English Muffin with a slice of turkey bacon and a piece of fruit with a skin like an apple or pear.

Sample Each Thanksgiving Dish

This can also help meet nutrition deficits not met while dieting. Sampling without deprivation can also help calm cravings which can contribute to emotional distress.

- Turkey is a great source of lean protein, selenium, Vitamins B3 and B6, and phosphorus
- Cranberry Sauce has a host of vitamin C, fiber, manganese, and Vitamin K
- Sweet Potatoes contain large amounts of vitamins A and C, manganese, copper, fiber, Vitamin B6, potassium and iron
- Pumpkin has great nutrients such as beta-carotene, magnesium, iron, and potassium

Thanksgiving Day Activity

- Take a family walk after the meal
- Flag football game
- Own personal fitness routine that morning before the Thanksgiving meal
- Washing dishes, sweeping, clearing plates, and drying dishes also provides a way to burn calories

Weight Maintenance

Rather than focusing on continuing with weight loss through the holiday season, direct your efforts towards not gaining any weight. A measure of success is consistent exercise without gaining any weight.

Staying Fit

Like it or not — here come the holidays. Sticking to your exercise program can be extremely challenging during this time. It is so easy to miss a workout when you are busy with family, friends, and festivities. Although we have several weeks before the holidays begin, now is the time to plan! If you are prepared with some strategies you can avoid gaining weight and stick to your workouts.



Plan ahead

The most difficult part of an exercise program is not the exercising itself, but the planning. Planning ahead of time to fit exercise into your day will help you to be successful and compliant. Acknowledge that the holiday season will probably affect your exercise routine. This way you can calmly make adjustments when necessary. During this time of year consider removing something from your schedule instead of trying to squeeze exercise in. For example, instead of an office party or a manicure, plan for a 30 minute workout. Set out your exercise clothes ahead of time so you don't have to get them together at the last minute. Put exercise on your "to do" list most days of the week. Whether or not you already have well-established exercise habits, be sure to make exercise a priority in your daily life.

Be realistic

Keep in mind that most people eat more than usual during the holidays. However you don't have to indulge everyday. Minimizing when you indulge and sticking with your exercise regimen can help to keep you in check. Be flexible when your days get busy by mixing up your routine. If you have obligations that will interfere with your regular schedule, try to wake up an hour earlier to do a quick 20-30 minute workout. Also, keep in mind that you don't have to over do it with hour long exercise sessions. Exercising for 20-30 minutes with an elevated heart rate (swimming, jogging, kickboxing) most days of the week should keep your metabolism humming.

Professional

Give yourself a gift this holiday season and hire a personal trainer. A trainer will have the expertise to guide you through the most effective workouts while keeping you motivated. Many trainers have reasonable package deals and holiday specials. Just make sure that your trainer has a respected certification such as ACE, ACSM, or NASM to name a few.

Try Something New

Instead of blowing off your workout — try something new. There are many ways to get into shape. Kickboxing, team sports, swimming and power yoga are all great ways to burn calories. You can try walking briskly during half of your lunch break as well. You may be surprised at how good it makes you feel. If the weather is bad and you cannot get out — try an exercise video. Exercise videos can be very effective and can be done in the privacy of your own home or office.

Keep a Journal

Keeping an exercise journal can help you to stay motivated and organized. You are more likely stick to your workouts if you make daily journal entries and follow through with them. You can set goals for yourself each day or once a week. When you accomplish your goals, it will motivate you to continue and progress with your fitness plan and may even reduce your desire to over-indulge.

Keep in mind that during the busy holiday season nobody is perfect. There are going to be temptations and erratic schedules for everyone. If you exercise most days and indulge in moderation, you will do great! This way you will be able to enjoy yourself while staying healthy. After all, that's what the holiday season is all about!

To schedule an appointment, please call 215-735-7992 ext. 0 or email appointment@rwwc.com.

*new fitness clients only; one per client.

5 Holiday Stress Survival Tips from Dr. Joanne Perilstein, PhD.

1. Get enough sleep
2. Know your boundaries
3. Remember...count to 10
4. Keep your guests busy
5. Give thanks! - That's what is all about.

To schedule an appointment with Dr. Perilstein to get an *inoculation* against the holiday blues, please call 215-735-7992 ext. 0 or email appointment@rwwc.com. Most insurance plans will cover your visits.



Unwind with a Facial at DermaCenter



DermaCenter's new facials will help you relax and rejuvenate for this holiday season. Our calming facials are customized to your personal skin type. Your skin will appear soft and smooth after this treatment.

To schedule an appointment with one of our medical aestheticians, please call 215-735-7990. ext. 0

Use your Flex Spending Dollars before they Expire and Plan Ahead for Next Year.



Your Medical Savings Accounts or Flexible Spending Accounts can be used for copays, dietitians, behavioral counseling, personal training and our weight loss meal replacement program. Check with your plan administrator and make sure you're putting your pre-tax earnings into these accounts to pay for the services at our center.

Dr. Saltzman is featured in Inside Magazine's Fall 2010 Issue

Dr. Leslie Saltzman has been featured in Inside Magazine's Fall 2010 Issue. The article touches base on "A new kind of medical practice."

To view this article online visit url (<http://www.bluetoad.com/publication/?i=46553&p=47>)

Rittenhouse Internal Medicine Announcement

Rittenhouse Internal Medicine would like to announce our newest member to our team. Rebecca Kendall, Medical Assistant, brings us years of expertise and professionalism. She will be available for early morning blood draws and immunizations on Tuesdays, Wednesdays and Fridays.

Referral Requests

Dr. Saltzman's patients who have referral requests for specialist appointments are asked to please contact Ellen Sullivan, M.A. at esullivan@rwwc.com or call 215-670-5843 and press ext. '0'.

Dr. Bellows Rowbotham's patients who have referral request for specialist appointments are asked to contact Rebecca Kendall, at rkendall@rwwc.com or call 215-670-5843 and press ext. '0'. Please make sure to request all referrals at least two weeks prior to the scheduled appointment.

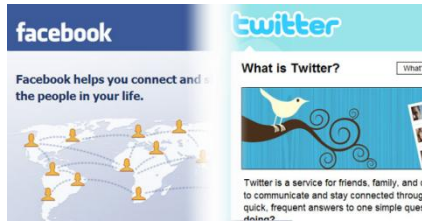
A Message from Dr. Rowbotham



This time of year the workplace can become a repository for seasonal candy, holiday cookies, and breakfast pastries brought in by well-meaning co-workers. Mindless grazing can add hundreds of calories a day and not much enjoyment. This year, consider making a deal with yourself to abstain from all office treats. It takes less will power to 'just say no' to everything instead of having to decide anew with every temptation. Keep pre-portioned snacks in your desk or bag so you will have something healthy to grab when you get

hungry. It will take some planning ahead but the benefit can really add up over these next two months. Please also consider your co-workers before bringing in leftover Halloween candy or similar things into the office.

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Rittenhouse Women's Wellness Center and DermaCenter finally have their own Facebook and Twitter pages. These websites will help keep everyone up-to-date on upcoming events, specials that are only offered through these sites, blogs and more!

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- To follow Rittenhouse Women's Wellness Center on Twitter click Twitter
- To become a fan of DermaCenter Medical Spa on facebook, click facebook fan page.
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