



**Remember this holiday season that you can give the gift of fitness!  
*Elite Health & Fitness Training Gift Certificates* are available for Fitness  
 Assessments, Personal Training, Nutritional Counseling and Yoga.**

## *Healthy Holidays*

*Don't pack on the pounds this holiday season!*

Looking at the chart to the right, it's easy to see how you pack on the pounds during the holidays, especially when you consider that your actual serving size is probably much larger than the one listed in the chart. For example, 1/2 cup of stuffing is about the size of half a baseball. The holidays also lure you back to the buffet for a second...or third round of calorie-dense food. Add to the equation a couple glasses of wine that will lower your inhibition about overeating, and you could be in trouble. Here are a few easy steps you can take to ward off the holiday pounds.

- Keep moving! Park at the far end of the parking lot or walk an extra lap around the mall to burn a few extra calories.
- Have a snack. If you go to a party starving, you're much more likely to over indulge.
- Bring a healthy alternative. As a courteous guest you'll bring something to the parties you attend anyway – make it a nutritious choice.
- Give and take. You can't have it all, so pick your poison. If you know you can't live without grandma's pie, then skip the stuffing and extra glass of wine.

Need a little motivation and guidance to keep in shape this time of year? Give us a call! Elite Health & Fitness Training is here to help. For more information about our services, give us a call at (856)216-0044 or email us at [CustomerService@EliteFit.com](mailto:CustomerService@EliteFit.com). We look forward to telling you about all of our personal fitness training and nutritional services.

*Scott Shelley PT*

President, Elite Health & Fitness Training, Inc.

| HOLIDAY FOOD           | SERVING SIZE    | CALORIES | FAT (Grams) |
|------------------------|-----------------|----------|-------------|
| Eggnog                 | 1 cup           | 342      | 18          |
| Cranberry sauce        | 3 tablespoons   | 86       | 0           |
| Bread stuffing         | 1/2 cup         | 178      | 8.6         |
| Mashed potatoes        | 1 cup           | 222      | 9           |
| Candied sweet potatoes | 1/2 cup         | 143      | 3.4         |
| Honey roasted ham      | 3 ounces        | 122      | 2           |
| Cornbread stuffing     | 1 cup           | 180      | 9           |
| White turkey meat      | 3.5 ounces      | 157      | 3.2         |
| Dark turkey meat       | 3.5 ounces      | 187      | 7.2         |
| Gravy                  | 1/4 cup         | 30       | 2           |
| String beans, plain    | 1/2 cup serving | 21       | 0           |
| Green bean casserole   | 1/2 cup         | 183      | 13          |
| Corn pudding           | 1/2 cup         | 136      | 7           |
| Dinner rolls           | 2               | 170      | 4           |
| Salted butter          | 2 tablespoons   | 202      | 24          |
| Carrots, plain         | 1/2 cup serving | 26       | 0           |
| Pumpkin pie            | 1/8 of 9" pie   | 316      | 14          |
| Pecan pie              | 1/8 of 9" pie   | 502      | 27          |

Source: <http://www.msnbc.msn.com/id/10143404/site/newsweek/>