



December 2020



# Your Health Matters

Monthly newsletter brought to you by Brieden Consulting Group

## About Us

## Surviving the Holiday Food Season: 5 Tips for Healthy Eating

'Tis the season for friends and family, fun, and lots of food! Temptation is everywhere, so it's easy to splurge and overeat. On average, Americans gain approximately one to two pounds during the holiday season. But, you don't need to wait until the New Year to lose the weight — just a few tweaks can help you avoid holiday weight gain.

Here are five tips for getting through the holiday season without gaining a pound (no deprivation required!):

**1. Choose wisely.** With delicious holiday sweets, such as sugar cookies, chocolates, and pies all around, you may feel it's difficult to avoid temptation. But that's okay — just choose wisely. Save your splurge for your favorite foods and keep portion control in mind. That way, you'll satisfy your craving and prevent binge-eating later on. For example, you may want to pass on the donuts your coworker brought in and instead wait for one of your mom's pecan rolls that she makes once a year.

**2. Plan ahead.** If you have an upcoming holiday breakfast, lunch, or dinner, find out what will be served or check out the menu beforehand for healthier options. Try to fill up on veggies, fruit, and lean protein so you won't be as tempted when it's time for dessert or savory seconds.

**3. When it comes to exercise, something is always better than nothing.** We've all been there. We want to put in a solid hour at the gym or go for a stress-relieving run, but we just don't have the time so we skip the workout altogether. But every little bit counts, so try to stay at least a little bit active. Set a timer for 20 minutes and do some easy at-home exercises — sit-ups, push-ups, jumping jacks, running in place, and stair-climbing. Schedule workouts on your calendar for times that suit your schedule, preferably before you come home from work. When it's dark and cold outside, it can be tough to get motivated to do anything! You can also try to schedule some calorie-burning activities with your family — like ice skating, bowling, or jumping at an indoor trampoline park.

We believe that living a healthy lifestyle is a key component to every day life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the "Your Health Matters" monthly newsletters that will be distributed to all employees.

## Our Contact Info

Brieden Consulting Group  
1700 Kercheval  
Suite 210  
Grosse Pointe, MI 48230

Phone: 313-447-0900  
[www.briedencg.com](http://www.briedencg.com)

**4. Separate appetite from hunger.** Appetite is the *desire* to eat, while hunger is the physical *need* to eat. To recognize and stop emotional eating, think about why you have a strong urge to eat something. Are you stressed? Are you tired? Did you skip breakfast or not have enough protein in your last meal? Are you reaching for candy because there is a candy dish within three feet of your desk? Once you figure it out, it's easier to find a healthy solution. (Hint: Move the candy dish!)

**5. Drinks count as food too.** Hot cocoa, peppermint mocha, wine, champagne, eggnog — the list of holiday beverages goes on and on. But remember, drinks can have a lot of sugar (and 400+ calories), so include them when thinking about your holiday nutrition. And just like with food, it's okay to splurge once in a while, but it's much easier to cut sugary drinks out of your diet. Sugar is addictive, so the more you eat or drink, the more you want. And while sugar may give you an immediate boost, its long-term effects only make you feel more sluggish.



Have a safe and happy holiday season!



## Recipe of the Month

### STANDING RIB ROAST

#### INSTRUCTIONS

1. Preheat oven to 325 degrees. In a small bowl, mix the first 5 ingredients. Place roast in a roasting pan, fat side up, and rub with mixture.
2. Roast 2-1/4 to 2-3/4 hours, or until meat reach desired doneness. For medium-rare a thermometer should read 135, medium 140). Remove from oven, tent with foil. Let stand 15 minutes before carving.
3. Meanwhile, pour drippings and loosened brown bits into a small saucepan. Skim fat. Add beef stock. Bring to a boil and serve with roast.

Full recipe [here](#).



#### INGREDIENTS

- 3 tsp lemon-pepper seasoning
- 3 tsp paprika
- 1-1/2 tsp garlic salt
- 1 tsp dried rosemary, crushed
- 1/ tsp cayenne pepper
- 1 bone-in beef rib roast ( 6 or 7lbs)
- 2 c beef stock