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Your Health Matters

NEWSLETTER



Monthly newsletter brought to you by Brieden Consulting Group

7 Ways To Sneak In a Holiday Workout

With the holidays and new year around the corner, Americans have travel on their mind. Many people find that during holiday travel, their workout regimen seems to get thrown out of whack. Fortunately, with a little proactive planning, you can maintain your fitness level, no matter where you are.

- **Do a "Condensed-but-Intense-Workout"**

Customize your own 30-minute workout combining three lower body workouts (squats or lunges) and three upper body exercises (modified push-ups or chair dips).

- **Get Active in Airports**

If flight delays leave you with extra time at the airport, take advantage of it. Store your luggage in an airport locker and take a hike through the terminal.

- **Get a Jump Rope**

Jumping rope is a great way to get in a few minutes of intense cardio workout and it can be done just about anywhere. If you don't have a jump rope, try climbing flights of stairs instead.

- **Bring Tubes, Bands and More**

Don't leave out fitness equipment when you're packing for a trip. Bring fitness videos, comfortable walking shoes, a bathing suit or other gear that you can fit in your bag. Inspirational memos from a trainer or a motivational CD could help you get moving.

- **Plan to Relax**

Don't overdo it. Staying fit is important, but don't lose sight of the real reason for the holidays spending time with those who are important to you. If you want to do both, involve the whole family in a yoga or tai chi exercise to unwind.

About Us

We believe that living a healthy lifestyle is a key component to everyday 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 Benefits Broker

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Establishing Healthy Habits for the Holiday Season



Create your budget now.

If you're stressed about how your holiday spending will impact you after the holidays are over, you're not alone. Remember, the sentiment of a gift is much more important than the cost. Set a realistic budget and do not go over it.



Shop early.

Sometimes, you can get great deals on presents even before the holiday season hits. Moreover, you can avoid the scenario of not being able to get the gift you want because it's sold out.



Don't overcommit yourself.

Are you planning on hosting a holiday dinner? Are there any holiday parties you have to attend? Do you have to pick up loved ones from the airport? Making a list of your commitments will help you plan your time and help you avoid double-booking yourself.

RECIPE OF THE MONTH

Blueberry-Almond Overnight French Toast

Ingredients

- 1 pound whole-grain bread, diced (1-inch pieces)
- 3 cups blueberries, fresh or frozen
- 8 large eggs
- 3 ½ cups reduced-fat milk
- ½ cup (1 stick) unsalted butter, melted
- 3 tablespoons packed light brown sugar
- 1 tablespoon ground ginger
- 2 teaspoons vanilla extract
- ¼ teaspoon salt
- ¾ cup sliced almonds

Directions

- **Step 1:** Coat a 9-by-13-inch baking dish with cooking spray. Toss bread and blueberries in the prepared pan. Whisk eggs in a large bowl. Add milk, butter, brown sugar, ginger, vanilla and salt; whisk to combine. Pour the custard over the bread mixture. Sprinkle with almonds. Coat a piece of foil with cooking spray and cover the pan, coated-side down. Place another 9-by-13-inch baking dish on top as a weight. Refrigerate for at least 8 hours or up to 1 day.
- **Step 2:** Preheat oven to 350 degrees F. Remove the top baking dish, leaving the foil in place. Let stand at room temperature while the oven preheats.
- **Step 3:** Bake the casserole, covered, for 45 minutes. Uncover and bake until golden, 20 to 25 minutes more. Let stand for 10 minutes before serving.

