

Editor's note

Welcome to our "Holiday" edition of **Fitness Lifestyle Solutions**. With winter in full swing, we wanted to give our readers some helpful hints on staying fit and focused during the calorie-dense holiday season. In this issue, Apex has provided some great tips to bolster fitness awareness, a delicious & healthy holiday recipe, and as always we've included some helpful insight for all of our **bodybugg**® users. So read on, enjoy a guilt-free holiday season, and here is to a healthier lifestyle.

Yours in health,



Jason S. Carter,
Senior Director, Apex Fitness

Prepare for the Holidays with a "Pre-Holiday Resolution"

Rick Wenner, Sr. Category Manager of Online Services

This year, vow to be prepared for the holidays early. Whether it is planning your air travel, scheduling parties, finding the right recipes, purchasing the perfect gifts, decorating your home or solidifying your fitness lifestyle within a busy social agenda, now is the time for action. The first five tasks are the ones that you think about every year. These are the tasks that you plan on having completed in October, but low and behold, each and every year you procrastinate, and everything gets completed in the 11th hour. The last task, "solidifying your fitness lifestyle", may not typically be part of the plan. This one is usually referred to as a "New Years Resolution"...after the holidays are over...after you've added a couple of pounds and after you have become accustomed to eating all sorts of tasty holiday treats.

Wouldn't it be nice to start a "Pre-Holiday Resolution" tradition? A tradition to create positive lifestyle habits ahead of the holiday season, habits that will continue and last through the holidays?

While this may go against what you have done up to this point in your life, you can turn your holiday experience upside down this year. No other time of the year offers so many

opportunities to consume extra calories and slack off from your workout routine. Make this the healthiest holiday season you have ever experienced by ingraining healthy habits now. By the time your social calendar gets busy, you will be used to making the right food and movement choices to counterbalance any falls from the wagon. In the end, you will avoid the typical holiday weight gain, and maybe even lose a few pounds (If that is your goal, of course).

The benefit of this plan will become even more apparent on January 1st. All of your friends will be struggling with their New Years Resolutions while you are cruising along doing what you have been doing since November. You won't even need to think about it because it will already be a habit. The only downside I can see in this plan you will have to come up with a new resolution for New Years Day 2010. For some tips to get you moving in the right direction, check out some past newsletters:

[Taking an "all or some" Approach
Cancelling Holiday Calories](#)



Sweet Potato Fries

Dietitian's tip:

These fries stand out! First, they're roasted at high heat until crisp and golden instead of fried. Second, they are made with sweet potatoes. Sweet potatoes are a rich source of Beta Carotene, iron and potassium. Studies have also shown that they help to stabilize blood sugar levels-remember, it is all about 'Balance'...



Ingredients Serves 6

4 teaspoons canola oil
3/4 teaspoon salt
3 pounds sweet potatoes, cut into 1/4-inch-thick strips
Cooking spray

Preparation

Preheat oven to 400°. Combine first 3 ingredients in a large zip-top plastic bag, tossing to coat. (Continued on page 2)

Arrange sweet potatoes in a single layer on a baking sheet coated with cooking spray. Bake at 400° for 50 minutes or until potatoes are tender and golden brown, turning after 20 minutes.

Serve hot with a side of ketchup. Enjoy!

Nutritional Analysis (Serving size ½ sweet potato)

Calories	117.6
Total Fat	5.5g
Saturated Fat	0.8g
Polyunsaturated Fat	0.6g
Monounsaturated Fat	3.9g
Cholesterol	0.0 mg
Sodium	152.4 mg
Potassium	151.1 mg
Total Carbohydrate	16.4 g
Dietary Fiber	2.1g
Sugars	0.0 g
Protein	1.2g
Vitamin A	263.3%

Balance It!

Michelle Ricker, RD

Keeping your blood sugar balanced is so important to weight loss, boosting energy and healthy brain function. It is not often we think about how food impacts our body on a physiological level, but it may help you recognize some of the issues you have with: Overeating, Feeling tired, Cravings.

When we eat, our body converts food to glucose which is then absorbed for energy or stored as fat. Going long periods of time without eating, causes our blood sugar levels to drop, the body to slow down or feel tired and often triggers a 'hunger' response. Our body likes to be in equilibrium, so it will signal the brain to get it food – this often is when we feel 'cravings' (chocolate, sugar, chips, etc).

Here is the trick...

Combining carbohydrate with a protein or fat at EACH meal or snack will slow down the absorption of glucose into the cells, balance the blood sugar in your body and lead to success! Eating a small meal or snack every 3-4 hours will help keep your blood sugars balanced, as that is about how long it takes for digestion. Try it! You might feel more in control of your eating and have more energy at that afternoon cat-nap time. An added benefit to keeping blood sugars in check is the ability to stay focused and more productive in all that you do. Eat a combination carbohydrate (ex: whole wheat bread, fruit, veggies, oatmeal, etc.) with a protein or fat (peanut

butter, egg, turkey, yogurt, string cheese, nuts, etc.) every 3-4 hours throughout the day. FYI: an Apex Cookie is secretly formulated to meet this exact combination....

Keep this up during the weekends too for help with portion control at restaurants AND try this during the holidays to avoid weight gain and to help maintain self control at holiday parties!

Here's to your success, Michelle

New General Health Line



Try the **new and improved** Apex General Health Products. Exciting NEW changes are taking place at Apex; our Apex General Health line has got a brand new look, and better yet, we have enhanced the formulations to provide you with the extra support necessary for your heart, brain, bones, joints and cells.

<p>CALCIUM</p> <p>>Helps maintain bone health and normal muscle and nerve activity (essential for women)</p>	<p>OMEGA-3 FISH OIL</p> <p>>Provides the benefits of lowering blood pressure and improving joint, brain and heart health, when taken in optimal doses</p>
<p>JOINT SUPPORT</p> <p>>Helps to reduce joint pain by improving lubrication and mobility</p>	<p>SUPER ANTIOXIDANT</p> <p>>Helps to fight the free radical damage caused by added stress on the body</p>

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bodybugg® Tip

"If you are at a restaurant and want to remember what you ordered, grab your cell phone and take a picture of your meal BEFORE you eat. You can log the meal into your bodybugg program with more accuracy and you don't have to rely on your memory!"

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