

December



Newsletter 2018



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HEALTH

Education

How to be Healthy Through the Holidays

The holidays are meant to be a time of celebration and community. Utilizing these healthy holiday tips can help keep you on track to enjoy a stress-free holiday season and avoid some pesky weight gain as well.

1. Stick to your routine

We all get busy during the holiday season, however, maintaining a regular eating and exercise routine is one of the best things we can do for our bodies. This includes getting enough sleep at night as well.

2. Eat small portions

You shouldn't have to give up your favorite holiday meals or desserts. Planning ahead of time and eating smaller meals throughout the day will help you avoid overeating at holiday meals.

3. Wash your hands or utilize hand sanitizer

Don't let your holiday plans be ruined by getting sick! Flu season in the U.S. can peak as late as February. The flu virus can also live on surfaces for up to 24 hours. Washing your hands can prevent the spread of infection.

4. Keep the focus on fun, not food!

and focus off food and can help prevent over-eating.

5. Give to others!

Have too much leftover food or gifts? Give a meal to a family in need or a stranger who might be appreciative of a meal or gift. You can keep the food temptation out of your house and make someone else's holiday special.

6. Have a go-to at home workout

Find your favorite 30 minute body weight workout to do on the go if you're traveling. This can help you maintain momentum and stay on track with your regular routine.

7. Get your flu shot

Being sick over the holidays is no fun. Cold and flu season starts around October and can last as late as April.

8. Rest and recover

The holidays can be a stressful time for some people. Be sure to give some time to yourself whether it is getting a massage, spending time with family or friends, or just taking time to reflect on your past year and what you hope to accomplish next.

References:

<https://www.cdc.gov/features/healthytips/index.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3505409/>



from Corporate Fitness Works Team Leader, Jennifer Sabol

Exercise of the Month

December 2018

Eccentric Pushups

Purpose: Focus on the eccentric phase (the lowering phase) of a pushup. This helps to develop upper body and core strength, while challenging your trunk stability and postural awareness without overloading the body to its breaking point or improper form.

Target Muscles: Chest

Assisting Muscles: Shoulders, Triceps, and Core

Equipment: No equipment

Start: Begin on your hands and toes. Position your hands shoulder-width apart and wrists directly under the shoulders. This is also known as a high plank position.

Movement Phase 1: Keeping your body aligned, bend your arms and slowly lower yourself to the floor. It should take about 3 to 5 seconds to complete this descend.

Movement Phase 2: Relax and reset back to the start position.

Repeat: Complete 3 sets of 6-8 repetitions.

Modification:

Beginner: Complete the eccentric pushup on your knees while maintaining the same alignment as described above.

Advance: To progress this exercise, grab a friend and have them place an extra weight on your back for added resistance (a flat weighted surface is recommended). Make sure they take the weight off after the eccentric phase, so you can reset without increasing your risk for injury.



From Certified Fitness Professionals at Corporate Fitness Works

Corporate Fitness Works, Inc.



The Truth About Portion Sizes

It's no surprise that today's portion sizes have drastically increased. Research shows that people unintentionally consume more calories when presented with larger portions. This can mean significant excess calorie intake, especially when eating high-calorie foods.



What You Need to Know

Right Amount: The *right amount* should be based on your body's calorie needs, your preferences, activity level and overall wellness goal. Weight gain results from eating more calories than you take in. Keep in mind that *how much* you eat is just as important as *what* you eat.

Variety Matters: Eating a variety of foods from each food group will help you get the proper nutrients to fuel your body's needs.

Portion vs. Serving: A **portion** is the amount of food that you choose to eat at one time (for example, a meal or snack). It can be big or small, you decide. A **serving** is a measured amount of food or drink, such as one slice of cheese or one cup (eight ounces) of milk.



How to Regulate

[The Dietary Guidelines for Americans 2015-2020](#) can give you an idea of how many calories you may need each day based on your height, weight, age, gender, and physical activity level.

Customize your own meal plan at [MyPlate Plan](#) to find out how much of each food group you need for a balanced diet.

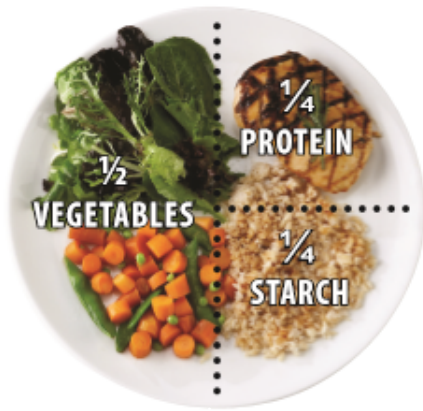
Many foods that come as a **single portion** actually contain **multiple servings**. Use the [Nutrition Facts label](#) to make quick, informed food choices that contribute to a healthy diet.



From Corporate Fitness Works Registered Dietitian, Elaine Beville

Healthy Eating Continued...

Good Rule of Thumb



PORTION SIZE YOUR PLATE

1/2 PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

1/4 PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

1/4 PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

Smart Size Your Meals

Using portion control is a good strategy to enhance healthy eating, while also keeping your calories in check. Check out these techniques that can help you train your brain to become more mindful when it comes to smart sizing your meals for optimal wellness.

Share with a Friend- Start your meal with a healthy appetizer and plan to share the entrée with a friend. Restaurants often serve larger portions, so by sharing a meal can help create a smaller portion and a huge calorie savings.

Downsize Your Plate and Utensils- Using smaller plates and utensils can help keep portion sizes in check while tricking your brain into thinking you're eating more.

Oversize Your Vegetables- Try scaling down the portions of other foods and fill up the rest of your plate with colorful vegetables. Vegetables add volume to your meal, letting you eat fewer calories for the same amount of food.

Sources:

[WebMD](#)

[Dietary Guidelines](#)

[Choose My Plate](#)

[Nutrition Facts Label](#)