

# Holiday eating: 'Tis the season to use your reason

By Senior Airman Michael Duhe  
437 AW Public Affairs

With all of the parties and get-togethers of the holiday season, the temptation to overindulge in rich foods is a strong one. Add to this more stress and little motivation to exercise, and the end result can be extra pounds by Jan. 1.

However, those added pounds can be avoided by using a strategic approach to the holidays, according to Fitness and Sports director Steve Parrish.

"You're going to eat more than you have before during the holiday season," Parrish said. "In a week, so you can eat so much food high in fat and sugar, your body is in overload."

Many people travel out of town for the holidays. This doesn't mean abandoning your health program, Parrish said.

"Before you get on the road, check out the fitness center so that you know what you plan to do when you get back," Parrish advised. "Come to the fitness center and get a target heart rate chart, get some stretching information and talk with an instructor. Start doing things at home - don't wait until the third week of January to come to the gym."

Another strategy involves the road trip itself. Rather than pressing on for hundreds of miles, drinking coffee and eating sweets, Parrish suggested pulling over to a rest area every 100 miles or so and walking for 10-15 minutes. If you are travelling with your children, get out and throw a football or jump rope with the kids.

When stopping at restaurants along the way, look for a "healthy heart" section of the menu.

Once you reach your destination, con-

duct a "site walk" to determine possible places to run or jog, Parrish said. Get in your car and map out a route, or see if there's a park, high school or college stadium with a running track in the area. Safety should be a main concern - be aware of busy intersections, dark streets, bad roads and dogs in the area.

Other possible areas to walk are shopping malls and downtown areas, he said.

"If you're going out of town, plan to get out from behind the TV," Parrish suggested. "If you're watching a football game, get out and walk at halftime or after the game. Take the kids out for a walk."

Although bad weather can keep you inside, ask your hosts if they have indoor exercise equipment such as a stationary bicycle, Parrish advised. Always stretch before and after exercising.

Parrish also offered advice for anyone planning to attend holiday parties. If the get-together includes a buffet table, eat light meals during the day, such as a light breakfast and small salad for lunch. Once at the party, look for low-fat offerings, such as a vegetable tray.

"If you plan on eating at a party, eat healthy and within reason," he added.

Alcohol should be consumed in small quantities to not only avoid becoming intoxicated, but also because it slows food digestion, according to Parrish.

Many people head for the gym after the holidays. Peak hours at the fitness center are 11 a.m.-1 p.m. and 4-7 p.m. on weekdays, with Monday being the busiest day, Parrish said. Arrange your workout around these peak times.

"If you have any questions, feel free to ask the fitness center staff," he said. "We're here to help you."



Airman 1st Class Myles Cullen

Garnett Bradley (right) of 437 AGS goes up for a layup while Darryll Lewis of 437 APS defends during an intramural game Tuesday.

## Sports Line

### Open house

The Wrenwoods Pro Golf Shop will hold an open house Wednesday from 5-9 p.m. For details, call 963-4177.

### Intramural Top 10

Basketball	W	L
1. Flyers	3	0
2. 437 AGS 1	3	0
3. Med Grp	3	0
4. SFS	3	0
5. Sup 1	2	0
6. EMS	2	0
7. CRS	2	0
8. Navy Hospital	1	1
9. APS 1	1	2
10. Sup 2	1	2

### Bowling

American League
1. 637 AGS 2

2. EMS 4
3. SVS
4. EMS 1
5. APS 3
6. APS 2
7. 637 AGS 3
8. SFS
9. CTCS
10. 437 OSS

### National League

1. 637 AGS 1
2. CES
3. APS 1
4. EMS 2
5. Comm
6. LSS
7. 15 AS
8. EMS 3
9. Det. 3
10. MSS

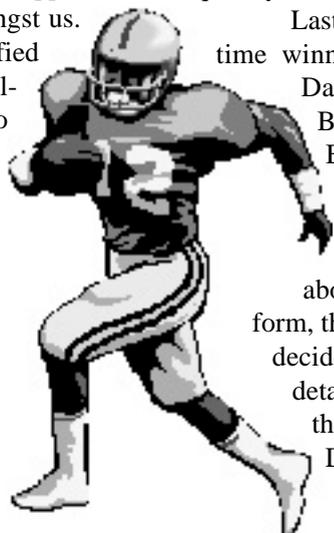
## Conspiracy?

# Swami gets shagged!

By The Swami  
Pigskin Prognosticator

I will not be dethroned! I have found evidence of tampering with my top-secret picks. Apparently, there is a Dr. Evil lurking amongst us. Every week when I give out my classified information of extensive football knowledge, there is someone internally who must not like my picks, or they probably like the Cowboys. They like to change my picks when they are printed in the *Airlift Dispatch*. I thought I have seen signs of a conspiracy before. Now I know the truth. I have secret agents investigating. Whoever you are, beware!

I will have to admit that I will accept my week 13 record of 7-8. Yes, not too pretty, but I have no worries that I can make a comeback. At least



someone did worse than I did last week. His name is Benny Harvey. Harvey finished with an ugly 5-10 record. I thought this person was somewhat good at picking games. Not any more! You are dropping quickly, Harvey.

Last weeks winner is Casey Boyer. Two-time winner Boyer beat out Adam "Harley" Davison. Both had records of 13-2, but Boyer had the better tiebreaker score. Boyer could have been a three time winner (remember that week you forgot to pick a game?) Bummer!

I just want to say one last thing about those misprints. On the week 14 form, there are 10 games that ol' Dr. Evil has decided to change. I am not going to go into detail about those games, but I will make the corrections accordingly. Trust me! Do you think I would actually pick the Cowboys? Please!

Give me a break!

## WEEK 15

NAME \_\_\_\_\_  
DUTY PHONE \_\_\_\_\_  
COMMENTS \_\_\_\_\_

### SATURDAY/SUNDAY

PITTSBURGH	@	KANSASCITY
SANFRANCISCO	@	CAROLINA
ATLANTA	@	TENNESSEE
DETROIT	@	CHICAGO
JACKSONVILLE	@	CLEVELAND
NEWENGLAND	@	PHILADELPHIA
NEWORLEANS	@	BALTIMORE
NYGIANTS	@	ST. LOUIS
SANDIEGO	@	MIAMI
WASHINGTON	@	INDIANAPOLIS
TAMPABAY	@	OAKLAND
NYJETS	@	DALLAS
SEATTLE	@	DENVER
BUFFALO	@	ARIZONA
MONDAYNIGHT		
GREENBAY	@	MINNESOTA

TIE BREAKER SCORE \_\_\_\_\_  
SWAMI'S SCORE: 55

Turn entries into room 224 of Bldg. 1600 or E-mail to [Disapatch@charleston.af.mil](mailto:Disapatch@charleston.af.mil) by 4 p.m., Dec. 17