

## Fitness & Sports

### Sports line

# Moderation is key to holiday feasting

By Frankie Cox  
Health and Wellness Center

The holiday season can be a dangerous period for some people in regards to their eating habits and weight. Many gain from five to fifteen pounds every year over the holidays. If you are careful and pay attention to what you're doing, this doesn't have to happen.

The secret to maintaining your weight over the holiday season is moderation and balance, and planning ahead may help.

One of the reasons why people gain weight is due to lack of moderation. If you have healthy eating habits all year, you will be less likely to overindulge come time for the parties and holidays. You won't feel the need to "go wild."

This holiday season, fit the foods you eat into your whole day's plan without overdoing calories and fat. By having a plan, you can be better prepared to select the kinds and amounts of foods that best fit your plan, rather than succumbing to temptations.

Think about what your day will be like in regards

to your food choices. If you know one of your meals will be higher in calories and fat, then cut back during other meals that day. Make some trade-offs.

Here are some other tips that may help:

- Watch portion sizes and try not to feel like a stuffed turkey. Ask yourself how you want to feel, and "How will I feel afterwards if I overeat?"

- Eat slowly and stop eating if you feel too full. Eating slowly gives your body time to feel full.

- Practice the arts of balance and moderation. If you really want a rich dessert once in a while, share it with someone else.

- Avoid skipping meals to "save up" for a special occasion. Excessive hunger makes it too easy to overindulge. A better approach is to eat smaller meals over the day, have a healthy snack, and drink a diet soda or large glass of water before the event.

- Think "Five a Day." Fill your plate with fruits and vegetables first to meet the recommended five servings a day. There will be a lot less room in your stomach for other things.

Fill up on the healthy stuff and savor a small portion of the less healthy foods.

- If you are contributing food, make sure your dish is healthy so you have at least one to choose from.

- Look for foods that are prepared with less fat. Often foods that are prepared simply are lower in calories and fat.

- Choose from a wide variety of foods, including all the food groups. Be adventurous by trying something you've never tried before or don't usually have at home.

- Avoid standing by the food table, and try to focus on the conversation. Have a goal of talking to at least five people before eating.

- Carry two low calorie drinks - where are you going to put the plate?

- Watch out for alcohol. Healthy eating guidelines recommend no more than one alcoholic drink per day if you are a woman and no more than two per day if you are a man. Alcohol provides calories with no nutrients. It increases your appetite and lowers your inhibitions. This could make you care less about making wise food choices

and may result in overeating. Try mineral water or club soda with a twist of lime or lemon.

- Plan ahead to work some exercise into your day. Go for a walk or possibly have a basketball game with family or friends.

Challenge yourself to maintain your weight over the holiday season, but be realistic in your expectations. A holiday meal is not going to allow for a 1,200-calorie day. Raise your limits, but have limits, and stay in control!

Depriving yourself of special holiday foods or feeling guilty does not help. Remember to think in moderation. Try to view parties and holidays as wonderful social events, that happen to offer you food. Enjoy the social time, have fun, and take the focus off the food.

Eating can be great "nourishment" for the soul as well as the body. Food, including meals over the holidays, can be one of life's true pleasures. By planning, exercising, and focusing on the fun you can sail smoothly through any event and be in control of your life style.

Golf tournament: Charleston AFB's Wrenwoods Golf Course is sponsoring a golf tournament to benefit Toys for Tots on Dec. 9, 2000. The tournament will begin with a 9:00 a.m. shotgun start.

Entry is \$22.00 and a new, unwrapped toy for non-members and \$11.00 and a new, unwrapped toy for members. Entry fees cover cart, range balls, food and beverage.

Teams will be four players per team, and prizes will be awarded for longest drive, closest to the pin and hole in one.

Entry is limited to 30 teams and is on a first-come, first-served basis.

All entries must be received by Monday. To enter, call the local Marine Reserve Center Toys for Tots Hotline at 743-4947.

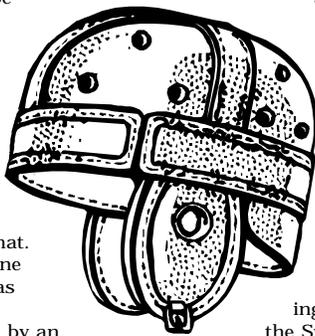
Mouth guards: The 437<sup>th</sup> Medical Group Deily Dental Clinic provides fitted athletic mouth guards for use during all contact sports. For information call 963-6839.

HAWC News: The HAWC offers free cholesterol screenings. For more information, call 963-4007.

## Canter gobbles up week 13 action

By The Swami  
Pigskin Prognosticator

"Well golly, hush my mouth!" After telling John "Elway" Canter to stuff a sock in his turkey, he put the socking to everyone last week. Maybe it was a beating with a drumstick. Canter turned in an impressive 13-2 record, beating out five others with 12-3 records. Canter admitted he was just plain lucky. He was overheard telling his co-workers, "I don't have a clue as to what I'm doing. I just pull names out of a hat. I knew I would get lucky one week. I really believe it was my lucky wishbone." The Swami was a little amused by an e-mail he received two weeks ago from Canter saying the Broncos would win the rest of their games and go on to win the Superbowl. They have a chance to win their final four games because they play a bunch of losers, but the Swami does not see the Superbowl in their future. As the Swami gazes into his crystal ball, the only thing real clear at this time is the Cowboys will play



their last game December 25. It looks like it will be a good race to the playoffs for many other teams.

The Swami realizes there was a game last night, but do not worry my fellow Swami wanna-be's. The Swami is still giving gifts and picked the Vikings for everyone. Remember last week when the Swami picked the two winners on Thanksgiving for everyone? Well, some smarty named Brian Welch decided to pick the Patriots. Nice job Brian, you came in last place with your 7-8 record. You deserve that for not listening to the Swami.

There is a bunch of Swami groupies in the Civil Engineering squadron who constantly rib the Swami and send in some crazy comments. One of those groupies, Tom Smith, does a synopsis on every game each week. Bless your heart Tom, the Swami knows you're trying hard, but you just do not have the touch of the Swami.

Some good games are on tap this week, so start putting the Christmas decorations up, throw away the leftovers from Thanksgiving and watch some football.

### Week Fifteen

Name/Phone #: \_\_\_\_\_  
Comments: \_\_\_\_\_

#### Sunday, Dec. 10

Arizona @ **Jacksonville**  
Carolina @ **Kansas City**  
Cincinnati @ **Tennessee**  
Detroit @ **Green Bay**  
New England @ **Chicago**  
**Philadelphia** @ Cleveland  
Pittsburgh @ **New York Giants**  
San Diego @ **Baltimore**  
Tampa Bay @ **Miami**  
Seattle @ **Denver**  
Minnesota @ **St. Louis**  
**New Orleans** @ San Francisco  
**Washington** @ Dallas  
**New York Jets** @ Oakland

#### Monday, Dec. 11

Buffalo @ **Indianapolis**  
Monday night total points: \_\_\_\_\_  
Swami's Monday night points: 65

Swami's picks are in bold and underlined.  
Send your picks to: Swami@charleston.af.mil  
Picks may be dropped at the Public Affairs office in Bldg. 1600.  
\*\*Picks must be submitted by Friday, Dec. 8, 4 p.m.\*\*