

FHitness for U Newsletter

Volume 2, Issue 4, Fall 2007

The FHitness for U Program

It's November, the time of the year when we show our thankfulness, share our cooking, shower our friends and families with love and visits, and shovel a lot of food into our mouths.

As we rapidly approach the holiday of food, we want to encourage you to stay true to your wellness program. We're here to offer tips, advice, resources and recipes that can help you keep your Thanksgiving plans happy and healthy.

**Wellness Seminar: November 15
4pm in Ayers Auditorium!**

Website Spotlight

Are you looking for a good website to get your diet started? Well, look no further than MSN's Health and Fitness web page. This site is filled with helpful articles about exercise and weight loss. There are even a few articles dealing with dieting questions, food concerns, and product and consumer information. Go to the message boards to find answers to specific questions. Click the link below to go to the website: [MSN Health and Fitness website](#).

“Our whole life should speak forth our thankfulness; every condition and place we are in should be a witness of our thankfulness. This will make the times and places we live in better for us. When we ourselves are monuments of God's mercy, it is fit we should be patterns of His praises, and leave monuments to others. We should think it given to us to do something better than to live in. We live not to live: our life is not the end of itself, but the praise of the giver.”

- R. Libbes



If you have questions or comments, feel free to email me. [Email Russell](#).

Russell Epperson, Director of Human Resources

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Wellness Seminar Preview



This month, we will be hosting a wellness seminar on nutrition. The speaker will be Laurie Bennie, a senior from Antioch, TN. Laurie is a Biochemistry major with a minor in Nutrition and Health. The seminar will be November 15th in Ayers at 4:00pm.

4 Ideas for a Healthier Thanksgiving

Skip some foods, pile on others: Assuming that Thanksgiving turkey and stuffing are must-haves, you still have plenty of other foods to choose from. Avoid high-calorie dishes with bread, creamy sauces, or sugar. Opt for low-calorie salads (mind the dressing!) and vegetables instead.

Eat slowly: Serve yourself small portions and make them last. Savor each bite. Engage in conversation while you eat. The more slowly you eat, the more time your body will have to let you know it's full, and the more likely you will stop eating when you should.

Get the food out of sight: Thanksgiving meals have a way of stretching unduly, which makes it more likely for you to have another piece of this, another nibble of that, even if you've already eaten enough. Avoid the temptation by moving to the living room for coffee and tea and conversation, or at least by clearing the table as soon as possible. (If this shocks relatives, remind them they can always have leftovers later, and their stomachs will thank you.)

Don't let Thanksgiving be about food: Sure, eating those once-a-year dishes is great, but Thanksgiving is really a time to be together with family and friends. Plan activities like card games, story telling, or walking. These activities allow people to be together in a way that doesn't revolve around food.

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Scripture Spot:

1 Oh come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation.

2 Let us come before His presence with thanksgiving; Let us shout joyfully to Him with psalms.

3 For the LORD is the great God, and the great King above all gods.

4 In His hand are the deep places of the earth; the heights of the hills are His also.

5 The sea is His, for He made it; and His hands formed the dry land.

Psalm 95:1-5

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Russell Epperson, HR Director

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