



## STAY ACTIVE THIS WINTER

While it's easy to believe that winter is the time to get cozy under a blanket and not come out until spring, severely curtailing your physical activity during the cold months can put a real dent in your physical and mental health. That's why it's important for you to fight the "hunker down" impulse and get out and move this winter. Here are a few tips for staying active.

**Embrace the season.** Don't lament the arrival of winter; celebrate it by taking up ice skating, snowshoeing, skiing or other outdoor winter activities. Not that ambitious? Simply taking regular winter walks will put you ahead of the game.

**Dress right.** Nordic types say there's no such thing as bad weather; only bad clothing. Invest in good cold-weather training clothes, layer up and get out there.

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**Move your regular activities indoors.** Runners, find a track or treadmill. Cyclists, sign up for a spin class or get an indoor trainer. Racquet-sport players, check out racquetball courts. In other words, whatever you do, find an indoor alternative and keep going.

**Buddy up.** Find a friend who wants to stay active and meet up regularly for activities. Hold each other accountable.

**Seek the sunshine.** While it can be difficult to fit in sun time around work and school schedules during the winter months, make a point of it: The sun can have a big impact on your physical and emotional well-being.

## Smart Facts

5-7

is the number of pounds the average person gains in winter.

8

minutes is how much less people tend to exercise each day in cooler months.

20

minutes of exposure to sunlight each day can help to prevent seasonal affective disorder.





## EAT SMART AND BE HAPPY DURING THE HOLIDAYS

Candy. Buttery mashed potatoes. Cookies. Fatty meats. Stuffing. Pies.

Let's face it: Holiday food is a big part of what many of us look forward to this time of year. So, don't worry: We're not going to suggest you should say no to every bit of delectable holiday fare. However, we are going to point to experts who say that most of us enjoy more "naughty food" than we should. As registered dietician Samantha Cassetty wrote on The Today Show website, "The marathon food fest that occurs between Thanksgiving and December 31st can take a toll on your physical and emotional health."

But what's a person to do when the good stuff is everywhere? Well, actually, there's plenty you can do to enjoy the holidays without putting your health at risk. Following are some tips.

**Control your portions.** This is the obvious one, but also the hardest one to adhere to, especially at pitch-ins or buffets. Be mindful of how much you put on your plate. Choose quality over quantity.

**Be picky.** Don't settle for something you don't love just because it's a holiday staple. Be picky about what you put on your plate, indulging only in those things that you truly enjoy.

**Slow down.** The holidays tend to get us moving fast, even at the dinner table. And while that might leave more time for other activities, it also reduces how much you enjoy your food. Take the time to savor what you're eating, enjoying not just the flavor, but the aroma and the feeling in your mouth.

**Avoid hunger.** If you go to holiday gatherings on an empty stomach, you'll eat more. Snack on something healthy before a big meal and you'll be less likely to overeat.

**Bring a healthy dish.** Be that person who brings something healthy to the holiday meal, and then make sure you get some of it.

**Start with the good stuff.** Start filling your plate with the healthiest options and you'll leave less room for the unhealthy stuff.

**Limit dessert.** This can be the toughest one, but also the one that delivers the most benefit. Don't sample a little of everything. Instead, choose one dessert that will really make you happy, and then have a reasonable portion.

**Dial back on alcohol.** Drinking alcohol at holiday gatherings not only adds calories and sugar to your intake, but it also tends to lower your plate-filling inhibitions. Reduce your alcohol intake and you'll probably reduce your overall intake, too.



*"The marathon food fest that occurs between Thanksgiving and December 31st can take a toll on your physical and emotional health."*

## EYES AND TEETH: WHEN ARE THEY COVERED?

Your eyes and your teeth have something in common: They tend to be treated differently than the rest of your body when it comes to health benefits. In fact, you often have to purchase separate, voluntary plans for routine dental and vision coverage, and you might have a lot of choices. Understanding what is and isn't covered can help you choose the plan that's right for you and get the most out of it.

The following Q&A should help you understand how your eyes and teeth are covered.

**What is covered by dedicated dental or vision plans?** All policies are different, but, generally, vision and dental plans cover basic care and prevention measures. Regular check-ups usually are covered, along with routine care and maintenance, but the amount of coverage depends on your plan and the specific care you receive. Cosmetic measures usually are not covered by dental plans.

**When do my health benefits cover my eyes and mouth?** Basically, any time you face a medical condition or problem related to your eyes or mouth, such as disease or injury, your health benefits will serve you better than your dental or vision benefits. Sometimes they'll work in tandem.

**Do I need to go to a primary-care physician or specialist for dental or vision care to be covered by my health benefits?** No. Your vision or dental care provider can bill your health insurance carrier any time they believe your care will be covered.

**How can I make sure I get the right coverage?** First, check your plan. If you're not sure of something, contact your HR department or benefits provider. Second, make sure your vision and dental care providers have claims-filing information for your health plan. Third, talk to your care provider, asking if he or she thinks a particular visit or treatment might be covered under your health benefits. If there's any question at all, ask them to contact your benefits provider.

**Get checked.** Regardless of your coverage, get regular dental and vision check-ups. Routine visits not only help to prevent serious vision and dental problems, they also give dentists and optometrists the opportunity to check for bigger health problems. It's not uncommon for them to be the first to discover serious diseases such as cancer and diabetes.



## COPD Awareness

Millions of Americans live with COPD (Chronic Obstructive Pulmonary Disease), which restricts their breathing. Millions of others could avoid it if they took a few steps toward healthier living (most notably, not smoking). Click [here](#) to learn more about how to avoid COPD ... and how to help those who have it live better lives.



# HARVEST OF THE MONTH: CLEMENTINES

If the juicy and peelable clementine is a staple of your holiday season, thank a French monk and century of tradition.

The exact creation story varies from place to place, but all seem to agree that credit for the clementine goes to a Brother of the Annunciation named Clement who, while serving a monastery in Algiers in the early 20th century, crossed an orange and mandarin orange to create the fruit that his appreciative contemporaries dubbed “clementine.”

The new fruit apparently was a quick hit throughout Europe and Asia, displacing the mandarin as a favorite. The fact that the fruit tends to begin appearing in fresh markets in October or November has led to its being associated with the holidays, and some traditions suggest that it shows up in stockings and holiday decorations to represent the gold coins St. Nicholas distributed to the poor.



Regardless of its history, the little fruit packs a big punch. Store clementines in a cool place – but not the refrigerator – out of sunlight and they stay fresh for several weeks, delivering lots of vitamins and antioxidants, few calories and virtually no fat ... which means we have even more reason for thanking Brother Clement.



## Recipe: Whole Clementine Cake

### Ingredients:

- 4 clementines
- ¾ cup vegetable oil
- ½ cup whole milk
- 1½ cups (349g) sugar
- 4 large eggs
- 1 teaspoon almond extract
- 2 teaspoons vanilla extract
- 2¼ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon kosher salt
- ½ cup heavy cream, cold
- ¼ cup sugar
- ¼ teaspoon almond extract
- Pinch kosher salt
- Zest from 1 clementine
- 1 tablespoon almonds

### Directions:

Preheat the oven to 350° and spray a 9-inch round cake pan with nonstick cooking spray. Place the clementines, oil and milk into a food processor (at least nine-cup capacity) and puree until smooth with just a few pieces of zest visible. Add sugar and process until just combined, then add eggs, almond extract and vanilla extract. Pulse five or six times, until just combined, and then add flour, baking powder and salt. Pulse until just combined, scraping the sides of the bowl if needed. Pour batter into the prepared pan and gently tap pan on the counter a few times to remove air bubbles. Bake until the outer edges of the cake are golden brown and a toothpick inserted into the center comes out with just a few moist crumbs (55 minutes to 1 hour). Transfer pan to a wire rack and let it cool completely (about 2 hours), then invert the cake onto a cake stand or serving platter. To make the whipped cream, combine heavy cream, sugar, almond extract and salt in a medium bowl and beat with an electric hand mixer on medium speed, until light and fluffy and medium-stiff peaks have formed (two to three minutes). Spoon onto cake when completely cooled. Sprinkle with the clementine zest and almonds.

### Nutrition Information:

CALORIES: 431; PROTEIN: 6G; CARBOHYDRATES: 58G; FAT: 20G; SODIUM: 176MG; FIBER: 1G; SUGARS: 37G; CHOLESTEROL: 74MG

Sources: Accessed October 5, 2022

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