Anywhere Fitness
Exercises of the Month
One Leg Squats

Equipment Required: None
Muscle(s) Worked: Quads, glutes, hamstrings and core
Fitness Level: Advanced
Instructions: Start by standing with your arms crossed in front of your chest. Lift your left leg off the floor, and keep it fully extended. Slowly lower your body until your right leg is close to a 90 degree angle. Return to the starting position and repeat 5-12 times then perform with your right leg.

*Disclaimer: Fit Essentials recommends you consult with your physician prior to starting an exercise program.

Brain Teaser For the Kids!

Where does a geologist go to party?

Make Thanksgiving Meals a Little Healthier

Some people think the words healthy and Thanksgiving should be disassociated terms. This is one of the few times in the year we actually have a great excuse to overindulge. It is also the time of the year where most people gain 1-3 pounds of undesirable weight. Consider some of these healthy tips to make your Thanksgiving meals a little healthier.

Go Turkey - Ham and beef are delicious choices, but turkey has less calories and less fat. But if your palate is forcing you to diversify your plate, eat small portions of the other meat.

Stuff it Right! Thanksgiving is not complete without stuffing. This year choose wheat bread stuffing for fewer calories and add celery, peppers, and cranberries instead of extra bread.

Go Broth or Go Home - Try a fat free chicken broth or stock to baste the turkey and for the gravy.

Pumped for Pumpkin - Pumpkin pie is a great Thanksgiving dessert alternative to traditional sweet potato, apple, and peach pies. It's lower in calories and tastes good!

Steam Veggies – Consider steaming your broccoli, cauliflower, and Brussels sprouts rather than cooking them in butter and oil. Steamed potatoes are also a healthier option than the traditional mashed potatoes loaded with butter, sour cream and milk.

Salad Savvy– Have a salad before the main meal. This will reduce your appetite and keep you from eating too much of the calorie loaded portion of the meal.

Water Please! – Many beverages will be served during Thanksgiving, from wine to lemonade. Be a trend-setter and make water your beverage of choice.

“Walking is the best possible exercise. Habituate yourself to walk very far.” – Thomas Jefferson.
**Fit Facts**

**Nutrition.**
If you are concerned with your weight be wise about your portion sizes and food selections during Thanksgiving.

**Fitness**
Don’t skip your workouts because you are busy. Try a circuit training program to save time!

**Health**
Most people gain 1-3 pounds during Thanksgiving. Don’t be one of them.

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**Thanksgiving Tips for People with Diabetes**

Thanksgiving can be a cumbersome time for many diabetics, especially those who have been newly diagnosed and want to take control over this condition. Here are a few tips to help you enjoy a happy and healthy Thanksgiving.

**Tip #1:** Avoid gravy and buttery foods.
**Tip #2:** Eat smaller portions. Use a saucer plate!
**Tip #3:** Maintain your eating schedule and try your best not to skip meals or go for long periods without eating.
**Tip #4:** Steam your vegetables
**Tip #5:** You can have dessert, but be conservative and only eat a small portion.
**Tip #6:** After a delicious Thanksgiving meal take a break from the food and go for a stroll with a friend or relative.

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**Question of the Month?**

How do you and your spouse/significant other determine where you will go during Thanksgiving?

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**Roasted Potatoes, Carrots, Parsnips, and Brussels Sprouts**

By Food Network

**Ingredients**

<table>
<thead>
<tr>
<th>1/3 cup extra-virgin olive oil</th>
<th>3 medium carrots (about 3/4 pound), cut into 1 1/2-inch thick circles</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups Brussels sprouts (about 1 pound), halved</td>
<td>4 cups red bliss potatoes (about 1 pound), cut into 1 1/2-inch thick slices</td>
</tr>
<tr>
<td>3 medium parsnips (about 1 pound), cut into 1 1/2-inch thick slices</td>
<td>1 cup sweet potatoes (about 1 pound), cut into 1 1/2-inch thick slices</td>
</tr>
<tr>
<td>1 tablespoon dried oregano</td>
<td>1 tablespoon dried rosemary</td>
</tr>
<tr>
<td>1 teaspoon dried thyme</td>
<td>1 teaspoon dried basil</td>
</tr>
<tr>
<td>1/4 teaspoon sea salt</td>
<td>2 tablespoons freshly ground black pepper</td>
</tr>
</tbody>
</table>

**Directions**

- Preheat oven to 400 degrees Fahrenheit.
- Grease an 11 by 17 inch baking sheet pan with extra-virgin olive oil. Place vegetables on baking sheet and add the dried herbs, salt and pepper. Toss well, evenly coating all the vegetables with the seasonings and oil. Add more oil if the vegetables seem dry.
- Spread the vegetables evenly on a large baking sheet. Place on middle rack in oven and bake for 35 to 40 minutes.

*Recipe courtesy Giada De Laurentiis*