

TGhealthcare 13 Weeks



Don't Fall Into a Winter Workout Slump

This time of year is full of excuses not to work out: it's too cold outside, you can't afford a gym membership, there's no time... Sound familiar? Try out these at-home workout tips to kick-start your motivation and avoid a workout slump.

One of the easiest ways to work out at home is with a fitness DVD. Pick from cardio, kickboxing, yoga, Pilates and countless other options for a guided, cheap home workout.

- Make use of your stairs. Turn on some tunes and create a lively stepping workout using just one step, or walk or jog up and down for a more vigorous routine.
- Invest in some inexpensive equipment such as a jump rope, hand weights and an exercise ball.
- Do some chores. Clean the house yourself rather than having a maid service (or your children) do it. Shovel snow instead of using a snow blower or snow plow.
- Create a schedule, such as first-thing every morning – and stick to it. Work out with a buddy for more accountability.
- Take advantage of the weather! Go skiing, ice skating or just play in the snow with friends or family.



Glazed Eggnog Bread

Ingredients:

Loaf:

2 1/4 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon freshly grated nutmeg
2 large eggs
1 cup granulated white sugar
1 cup eggnog (low fat is fine)
1/2 cup salted butter, melted
1 teaspoon vanilla (or eggnog extract, if you have it)
1/2 teaspoon rum extract, optional

Icing

1/2 cup powdered sugar
1/4 teaspoon vanilla extract
Dash freshly grated nutmeg
2 to 3 teaspoons eggnog

Method:



1. Preheat the oven to 350 degrees F. Grease the bottom and 1/2 inch up the sides of a 9-by-5-by-3-inch loaf pan.
2. In a large bowl, whisk together flour, baking powder, salt, and nutmeg. Make a well in the center of the flour mixture and set aside.
3. In a medium bowl, combine the eggs, sugar, eggnog, melted butter, vanilla, and rum extract (if using). Add egg mixture to the flour mixture and stir just until moistened (batter will be lumpy).
4. Spoon batter into the prepared pan. Bake for about 45 to 50 minutes. Check for done-ness by inserting a toothpick into the center of the loaf -- it should come out clean. Cool in the pan on a wire rack for 10 minutes. Remove from pan and cool completely on a rack.
5. **Prepare icing:** Combine sugar, vanilla, and nutmeg. Stir in enough eggnog to reach drizzling consistency. Drizzle cooled loaf with icing. Grate a little bit of fresh nutmeg over the icing, then let icing set completely before wrapping



Outsmart the Flu

Looking forward to your annual bout of feeling miserable and being forced to miss work? This year, avoid the flu:

- Get the flu vaccine and encourage others to do the same. It's the most important step to prevent the flu.
- Try to avoid touching your face – germs are easily spread this way.
- Wash your hands thoroughly and often.
- Avoid contact with sick people when possible. Encourage those with the flu to cover their nose and mouth when coughing or sneezing.
- Teach your kids these good habits.

Did You Know...

The Centers for Disease Control and Prevention recommends that everyone over the age of 6 months get a flu vaccine each year, even if you got vaccinated last year. It's not too late in the season to get vaccinated! The small discomfort and/or inconvenience of a flu vaccine will be worth avoiding several days stuck in bed with the flu.

Banishing Holiday Weight Gain

The holidays are full of hearty meals, sweet treats and fat-laden snacks which quickly add up to extra pounds. Navigate holiday eating with these tips:

- Enjoy your favorite foods; just be mindful of your portion sizes. Depriving yourself just makes you more likely to binge later.
- When possible, choose a smaller plate to help control portions.
- Wait 20 minutes before getting seconds, to give your body time to signal if you are full.
- Don't feel obligated to eat everything offered to you, or to clean your plate.
- If you have leftovers, freeze them for another time rather than indulging again for breakfast.
- Eat plenty of vegetables throughout the season to help you feel fuller and control your appetite.
- Eat a small, healthy snack before each get-together. If you starve yourself all day, you'll eat even more of the unhealthy food.
- When going to a party, bring a nutritious dish with you, such as nuts, veggies or even a healthier dessert alternative (such as the Peach Apple Crisp on page two).
- Eat slower and take time to enjoy your food. Try eating with your non-dominant hand or setting your fork down between bites.
- Go easy on gravy, sauce and dressing.
- Reduce or eliminate your alcohol intake to save a lot of calories.
- Focus on the people and activities at the party, rather than the food.
- When baking, use low- or non-fat dairy. Swap sour cream for plain yogurt, for example, and always choose fat-free milk.
- Buy lean cuts of meat whenever possible. When eating poultry, opt for white meat over dark meat.
- Don't forget to be active! Try to fit some extra activity in to counteract the extra calories this time of year.



TGVIP New Mexico

New Mexico, The Land of Enchantment, is the sixth most sparsely populated state in the country. The geography varies from vast deserts to broken mesas to snow-capped mountains. Millions of acres of national forests throughout the state are protected by the government. From the Pueblos at Aztec Ruins National Monument to the Carlsbad Caverns to the Dunes at White Sands National Monument, New Mexico's rich natural history is preserved for the generations to come. There is something for everyone in New Mexico; whether it be the adventure seeker eager to white water raft down the Rio Grande or ski the slopes of Taos; the food in search of the ultimate green chile cheeseburger, so beloved by the state the Governor holds an annual challenge in search of the best of the best. New Mexico is also home to many unique and unusual places and events including the Ice Caves, Los Penitentes, Plaza Blanca, Dar Al-Islam, Mosque and Tao Hum. New Mexico isn't a place that can be summed up into one word. It offers not only spectacular and ever changing scenery but also a wide array of activities and adventures for every interest making it an ideal getaway to over 4 million visitors a temporary home to countless travel nurses



Name
It...



The first person to correctly identify this place (name, city and state) and receive a \$25 American Express gift card
Email your guess to
Hannah@tghealthcare.com

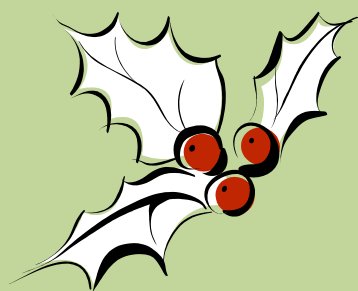
Follow Us...
And Be Rewarded



Follow TGhealthcare1 on Twitter, then send us a message including your contact information and we will mail you a complimentary \$5 Starbucks gift card. Please including your current mailing address where you would like the gift card sent to.

TGhealthcare Traveler Photo Album





Happy Holidays from JGhealthcare



Shop Smarter This Season

Do the holidays have you stressing about your budget? Here are some shopping tips to get the most for your money:

- Create a holiday budget and stick to it. Remember to include gift wrap, cards, entertaining expenses, decorations and postage along with gifts.
- If you want to buy a gift beyond your means, ask a family member to chip in with you rather than break your budget.
- Don't just go to one store for the item you want. Check sale ads, look for coupons and compare prices online first.
- Considering purchasing online – you often can find much better prices. Group purchases to save on shipping costs.
- When possible, use coupons in conjunction with store deals to maximize your savings.
- Plan to pay off everything you buy in full, so you're not stuck paying for this holiday season for months or longer.

After the holidays, consider opening a short-term savings account to start saving early and ease next year's budget strain!



- Use store lay-a-way programs. This is a great interest free option to putting large purchases on a credit card or paying the hefty price all at once
- When buying for an entire family, find one gift they can all participate in together instead of separate gifts for each person. Board games or zoo passes are two examples of family oriented fun at a lower cost!

Gift Guide: Best Presents Under \$50

- Roku: this Wi-Fi streaming box is easily the best value in home video at \$49
- Boogie Board-the wireless paperless writing tablet from Brookstone retailing at \$39.99
- iPod Shuffle: the smallest of the Apple family's MP3 players, the 2GB shuffle is the perfect accessory for working out at the gym or going for a run and at the bargain price you \$46 you can't beat it!
- LaCie LamaKey USB Drive: the lamaKey is a metal design USB attached to a keychain. It's much more durable than a plastic USB drive and is only \$16.
- Personalized Alphabet Photography Frame: photographed elements in nature and architecture that resemble letters of the alphabet are arranged and framed to form a customized word like a last name. Personal Creations distributes the frames for \$49.99.
- Omaha Steaks: with numerous combinations of quality products (including beef, chicken and seafood) and great holiday discounts/price points, keeping the avid grill on your list stocked for the summer has never been easier or more delicious. Sampler packages start at \$39.99
- Beezerwizzer: this new trivia game from Mattel starts at \$28.95 and is the perfect present for a couple or family. Up to 4 people can play!