

Holiday gifts for health

Choose holiday gifts that will help your friends and family stay healthy! Here are some ideas.

Gifts for active living

- ✓ Pedometers, exercise balls
- ✓ Exercise classes (tai chi, kickboxing, yoga, pilates or aerobics, just to name a few!)
- ✓ Dance classes or dance music CDs
- ✓ Appointment with a personal trainer
- ✓ Ski lift tickets
- ✓ Exercise equipment or safety equipment (hand weights, bike helmet, safety vest)
- ✓ Exercise clothes for indoors and outdoors
- ✓ Exercise DVDs
- ✓ Trial gym or pool membership
- ✓ Gift membership to Appalachian Mountain Club or other hiking/walking clubs

Gifts for relaxing and reducing stress

- ✓ Massage or facial gift certificate
- ✓ Bath bubbles and bath oils
- ✓ Soothing music
- ✓ Movie passes, concert or theater tickets
- ✓ Free babysitting for an evening
- ✓ Cleaning out their car
- ✓ Fixing things around the house
- ✓ Flowers

Gifts for healthy eating

- ✓ Basket of special healthy foods (vinegars, dipping oils, olives, whole wheat pastas, jarred ginger, jams, low fat marinades)
- ✓ Fruit basket or fruit-of-the-month club
- ✓ A selection of herbs and spices
- ✓ Specialty coffees, teas or low-fat hot cocoa
- ✓ Utensils and equipment for healthy cooking (non-stick pans, graters or zesters, grill pan, indoor or outdoor grill, knives, cutting boards)
- ✓ Homemade healthy dinner or baked goods (use Step Ahead recipes!)

Gift subscriptions

- ✓ Healthy eating publications (e.g. Tufts Health & Nutrition Letter, Eating Well, Cooking Light)
- ✓ Fitness magazines like Shape, Men's Health, Women's Health, Runner's World, Walk About

Books for health

- There are many choices! Try:
- ✓ Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating by Willett
 - ✓ You: Staying Young by Roizen and Oz
 - ✓ Fitness after 50 by Ettinger, Wright and Blair
 - ✓ Cookbooks (any of the American Heart Association series, and many others)

Recipe of the Week: Lower-fat latkes

Recipe from Steven Raichlen, author of *Healthy Jewish Cooking*, accessed at www.foodfit.com

3 pounds Yukon Gold potatoes
 1 medium onion
 1/3 cup white flour or matzah meal
 ½ teaspoon baking powder
 1 cup egg substitute or 2 eggs plus 4 whites
 3 teaspoons dried parsley or 3 Tbsp. fresh parsley, chopped
 Salt, pepper
 2 Tbsp. olive oil

1. Put 2 baking sheets in oven. Preheat to 450 degrees.
2. Peel potatoes and onions. Coarsely grate in food processor or box grater.
3. Tightly squeeze handfuls of vegetables with your fingers to wring out as much liquid as possible.
4. Put grated vegetables in a mixing bowl. Stir in flour, egg

substitute, parsley and salt and pepper.

5. Put 1 Tbsp. oil on each baking sheet and spread with wooden spoon or heatproof brush.

6. Spoon small mounds of potato mixture onto baking sheet. Bake till golden brown, 6-10 minutes per side, turning once.

At end of baking time, put under broiler for a minute if you want them to be more browned. Watch carefully! Serve right away with low-fat sour cream or applesauce.

8 servings, 6 or 7 latkes per serving

Nutrition Information per serving:

Calories: 192	Total fat: 4 g
Protein: 9 g	Saturated fat: 1 g
Fiber: 4 g	

Tip of the Week For good walking posture, stand up straight but with relaxed shoulders, chin up and parallel to the ground. Think about walking tall. Think "suck in your gut, tuck in your butt." Your back should have a natural curve. Strengthen your abdominal muscles through sit-ups and other exercises so you are able to hold yourself straighter.

– From about.walking.com