
PRESS RELEASE

For Immediate Release

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Ward Off Unwanted Holiday Heft with a Little Resistance

Holiday Help For Seniors Who Want During the “Eating Season”

Between the holiday cookies and other tempting seasonal treats, and never quite finding time to hit the gym between last-minute shopping trips, holiday parties, and family reunions, the pounds tend to sneak up on most of us this time of year. If you have a hard time resisting the glorious goodies, you can ward off the worst of the consequences if you spend just a little time doing resistance workouts.

Kari Eide and Lissa Mueller, authors of the award-winning *Fit Traveler Series* (which currently includes *The Fit Traveler: Take Your Workout With You* and *The Fit Traveler: Senior Edition* — \$17.95 each, www.thefitnessboutique.com), discovered that their program works equally well at home, at the office, or almost anywhere. Those who are traveling to visit friends or relatives, or heading to a resort or other destination, will find the books small enough (5.75 x 7.25) and light enough (only 8 ounces) to easily slip into any suitcase. The exercises will lead to increased strength and flexibility as well as some helpful calorie burn-off. Each book come complete with an elastic resistance band, and the clear “how-to” photographs and brief easy-to-follow text make the exercises immediately doable.

Use the smallest, most effective travel workout kit and the following advice from Eide and Mueller to stay fit this holiday season: *No more excuses*: The excuses of the cold, snowy weather, a family-filled household, or an essential last-minute shopping spree will no longer work for getting you out of your workout regime. The 20-recommended resistance-band exercises can be done in a 30-minute routine, two or three times per week by almost anyone, anywhere, anytime, with a chair, a doorknob, and a copy of *The Fit Traveler* or *The Fit Traveler: Senior Edition*.

Delectable desserts: Pumpkin pie, homemade candy, and decorated sugar cookies are all part of the holiday season. Don’t deny yourself the pleasure of these once-a-year foods. Just use a smaller plate so it appears you are still enjoying lots of food; split a piece of pie with another health-conscious family member; or pair dessert with a flavored tea or cappuccino to keep your hands busy and your taste buds satisfied.

Drink and be merry: Stick with wine instead of sugar and fat-loaded mixed drinks or eggnog. *H2O*: Drink a glass of water before meals to fill you up, and drink water with meals to help your stomach feel fuller. Also reach for

water during the day instead of sugar-laden drinks or snacks.

Watch what you eat: It is easy to overindulge during the holiday season. Try eating a small healthy snack before you leave for a gathering or while cooking—it may help you go easy once the food is nearby. Don't stand next to the buffet—sit down with a friend or family member away from the food.

Remember, the people are an essential element of holiday gatherings. Use visual proportions when taking food—half of your plate should be filled with fruits and vegetables. The next day instead of feeling guilty about what you ate, you'll be able to focus on the good time with family and friends.

Sensible snacking: Pack healthy snacks or protein bars from home to help you through while at work or at the mall. This will help you avoid grazing on cookies, candy, and other goodies between meals.

The gift that keeps on giving: One resistance band effectively works all body parts. To increase the difficulty, just wrap the band around your hand so that you increase the tension. This is like stepping up in the amount of weights you would be using if you were using traditional dumbbells. And a band comes *free* with these books.

These tips should help manage workouts and overall health during the busy holiday season, allowing for a **healthier** lifestyle. Following an exercise routine and remaining conscious about eating promotes an awareness of the body, and this is healthy throughout the entire year. So give and receive the gift of health this holiday season; buy a copy of **The Fit Traveler** for yourself, too! And just think, your New Year's resolution won't have to be to start living a healthier lifestyle, because you will already be on your way!