



December 2006

World AIDS Day — Friday, Dec. 1, 2006

Stop AIDS — Keep the Promise

World AIDS Day is a unique time each year when all of humanity is challenged to reflect on the way HIV and AIDS affect us and how we can respond to the epidemic. After two decades of HIV/AIDS, we know that with sufficient will and resources, we can turn this epidemic around. In 2001, Kofi Annan, UN Secretary General, said at the UN General Assembly Special Session on HIV/AIDS, "All of us must recognize AIDS as our problem. All of us must make it our priority."

This year has seen new and renewed commitments worldwide to make significant progress in reducing the

spread of HIV, increasing treatment and working toward universal access for education, treatment and support. But while some promises have been kept, many have not. The 2006 theme, **Stop AIDS — Keep the Promise**, focuses on accountability. It is a call to action for people around the world — to hold the international community accountable to fulfill the promises made regarding action against HIV and AIDS. This includes commitments for funding, support, health programs and access to treatment.

Don't Just Sit There.

...Dance!

There's a chill in the air and the holidays are here. Your calendar is filled with social gatherings, family fun, and shopping sprees. But this doesn't have to keep you from your fitness goals. Take advantage of holiday fitness opportunities whenever you can.

One thing that is certain during the holiday season is that wherever you go, there'll be music and where there's music there's usually dancing.

If you're at a social gathering, don't be a wallflower, dance! Even if dancing isn't your cup of eggnog, give it a shot and learn a new step. You don't have to be a superstar — just get out and move. You'll tone up, burn calories, and have fun. In fact, a 150-pound adult can burn about 150 calories doing 30 minutes of moderate social dancing.

Also, while you're out and about walking through the malls and stores, enjoy the beat of the holiday sounds and let it put a snap in your step. Take advantage of the opportunity to move and you'll have a healthy holiday glow each day!

Benefits of Dancing

Dancing is an excellent stress reliever. This is because it fully engages the mind and the whole body — and nearly *all* the senses. Dancing:

- Is weight bearing and strengthens bones
- Is low impact and easy on the joints
- tones your whole body
- improves posture and balance
- improves flexibility and stamina

Keep it Up

After the holidays, stay in the groove and try out some other forms of dance. Here are some popular types that you might want to explore:

- Square dancing
- Swing
- Line dancing
- Ballroom
- Belly dancing
- Salsa
- Flamenco
- Clogging

12 Ways to Keep Your Holidays Stress-Free

The holidays are supposed to be a time of warmth, joy and excitement. And for many people, they are.

Still, the anxiety of having too much to do in too little time, the pressure of unrealistic expectations and the tendency to overeat and overspend can easily overshadow holiday happiness. The following suggestions will help you enjoy the season to its fullest with a minimum of stress.

Eat Smart

- Don't arrive at a party starving; you're likely to overeat. Instead, before you leave home eat a piece of fruit, a small salad or a cup of low-fat yogurt. Eating a healthful snack will prevent you from overindulging on mini quiches and other high-fat fare when you arrive.
- Avoid handfuls of anything. At the appetizer table, fill your plate three-quarters full with fresh vegetables and fruit. Reserve the remaining quarter for anything you want, even if it's high in fat, so you don't feel deprived.
- Don't feel obligated to eat everything on your plate or to have dessert. And think twice before going back for seconds.
- If you overeat, get right back into your normal routine the next day.

Shop Smart

- Give yourself plenty of time to complete your holiday shopping. Shop with an itemized list of what you'll buy for each person and a ballpark figure of what you'll spend.
- Brainstorm for gift ideas. If you're stumped on what to buy, consider what's important to the gift recipient. To personalize a gift that isn't personal, give the story behind it. For example: For a book, write an inscription that explains why you're giving it or mention specific pages the recipient may find interesting.

Party Smart

- Keep parties simple by having a buffet instead of a formal sit-down dinner. Serve uncomplicated dishes (made with six ingredients or less) that you've made before.
- Buy nonperishable party items days, even weeks, in advance. These include groceries, beverages, candles, napkins and decorations. Save the day before to buy items with a short shelf life, such as fresh fruits, vegetables and flowers.
- Cook ahead. On the day before your party, prepare salad dressings, stews, casseroles, cold sauces, soups, desserts and dips. That way, during the party, you can spend as much time as possible with your guests.
- Hire a helper. To make your party more manageable, employ a teenager or a catering waiter to help you serve during the party and clean up afterward.
- Devise games guests can play to help spark conversation. For example, tape a piece of paper with the name of a movie character onto the back of guests when they arrive. Challenge them to guess who their characters are, with clues provided by the other guests.
- Be sociable. Attending parties when you don't know many people can be stressful. To break the ice, elect yourself the official introducer. If you see someone standing alone, go over and ask nonthreatening questions for openers. For example, at a corporate function, ask these kinds of questions: How do you fit into the company? Are you a spouse or an employee? What do you do? What does your spouse do? After chatting, introduce the person to someone you know.

“Set your goals high and don't stop until you get there.”

- BO JACKSON

A Not-So-Nutty Nutritious Notion

During the holidays, decorative bowls containing a variety of unshelled nuts are everywhere. They're not just for decoration. Dust off that holiday nut-cracker and put it to use. Nuts are a healthy and nutritious alternative to the sweets available this time of year.

Nuts are good food. They're portable and a good source of protein. Nuts provide fiber, protein and nutrients such as calcium, magnesium, zinc, iron and vitamin E. In fact, there are some epidemiological studies that show that by including a moderate amount of nuts in your diet you can reduce heart disease (from the American Dietetic Association).

Nuts also contain healthy fat – a mix of polyunsaturated and monounsaturated fats. Monounsaturated fat has an antioxidant effect and helps keep cholesterol from sticking to your arteries. A little fat with meals can make you feel fuller and more satisfied so you actually might eat less. There are nut varieties to fit every preference. Nuts can be salty, creamy, or crunchy.

Allergies to nuts are common. Certain types of nuts are most likely to trigger an allergic reaction. These are:

- Brazil nuts
- Cashews
- Filberts (hazelnuts)
- Hickory nuts
- Pecans
- Pine nuts
- Pistachios
- Walnuts

Peanuts are not really nuts (they're legumes), but they can trigger the most severe allergic reactions in both adults and children. And if you are allergic to peanuts, you may also be allergic to tree nuts, nut oils and related products.

Go Nuts

- **Nutcracker sweet**
If you serve nuts in the shell, it takes longer to eat them.
- **Turn on the heat**
Toasting brings out flavor. Roasted chestnuts are a special treat. Blanch walnuts in hot water to remove the sometimes-bitter skin, then toast them for a new taste and texture.
- **Freeze, please**
Because nuts contain oil, they can turn rancid. To keep nuts fresh for extended periods, pop them in the freezer.
- **Beyond peanut butter**
With a blender or food processor, you can make your own nut butters. Try pulverizing almonds or walnuts with a little honey or sugar. A drop of oil can keep homemade butter moist.
- **Crunch time**
It's easy to chop a handful of nuts to add them to hot vegetables, salads, rice or pasta dishes. Try pecans on sweet potatoes, slivered almonds in string beans or whole nuts in stir-fries.
- **Be saucy**
Pine nuts are a staple ingredient of pesto, the Italian basil-garlic sauce. You can make an original sauce with any number of nut and herb combinations to perk up meat, fish or pasta.
- **Oil's well**
Nut oils can give different flavors to salads and vegetable dishes. Just remember: A tablespoon of unsaturated nut oil has the same 125 calories and 14 grams of fat as any vegetable oil.

Deskercise Corner: Stretch For Health

Reach for it

This stretch relieves tension in your arms, sides, and waist. It feels best when done slowly and smoothly. Stretch your arms up, one at a time, as high as you can, as if reaching to pick an orange from a high branch. Repeat 10 times, alternating sides.