



## Recess Newsletter November 2010

### Take this turkey and stuff it?

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Wellness Bullies

Family Fued

Gobble, Gobble?

#### Daily Dose of ADD



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#### In The News

Recess' Blog: You'll Laugh, You'll Cry, You'll Lose Weight Just Reading It

#### Carrot? Stick? Both?

##### Know any recovering wellness bullies?

Carol Harnett just wrote a funny editorial article over at HR Executive Online about being a wellness bully.

What's that, you ask? After interesting with some past students at a cafe Carol describes wellness bullying this way:

" I, obviously, impacted the people who participated in my presentations. And the impact was long lasting. However, instead of facilitating life-long behavior change, I instilled shame."

Ouch. This Thanksgiving, take a bite out of Carol's humble pie.

[Read Carol's confession. >>](#)

#### Wellness: The Revenge

Tis the season to dig up familial grudges. Do you guys mind if we drag you in to mediate our little family drama?



LiveWire on OPB (.mp3)

No Place Like Work. Recess Client Rose City Mortgage in Oregon Business.

Fun Wellness: Recess Client Bullivant Houser Bailey in Oregon Business Magazine

Portland Business Journal: Smoking Cessation



We try to be so nice here at Recess. We want everyone to just get along, feel good about themselves and ride off into the sun setting on 2010, in a horse drawn sleigh. But does anyone pay attention to our affirming, peace-loving round of wellness [kumbaya](#)? Heck no.

Instead everyone pays more attention to Recess' crabby little brother, [WhenWellnessSucks](#). And we are SICK. OF. IT. The latest affront? Little brother showed up on the [HR Happy Hour](#), reeking of post work cocktails by the way, and had nothing but curmudgeonly disrespect for many of wellness' most treasured beliefs (i.e. that gym memberships, Biggest Loser campaigns, and incentives are awesomesauce).

It isn't like we disagree, we just feel like maybe a bit more of a diplomatic approach is necessary? What you do think?

[Take a listen and tell us who's right. >>](#)

**Gobble? Gobble?**

**Enjoy what you eat.**

Doesn't it seem the holidays creep into retail stores ever earlier each year? Most have already decked the halls with silky boughs and blinking lights. Meanwhile, in the wellness world, the [big box gyms](#) lick their chops in anticipation of the post-gluttony guilt-ridden hoards who will crowd [treadmills](#) and saunas post-feast.



### **Can we be frank for a minute? This whole holiday gluttony *cum* weight gain thing is a bit of a drag, no?**

Not only is it unrealistic to count vegetable servings and watch the scale during Thanksgiving, but you are just going to piss off Great Aunt Matilda when you bust out your fat analyzer app on your iPhone mid prayer.

So give it a rest this holiday season. Here are some examples of how to reshape your holiday health thinking. Read on and dish up heaping portions of contentment. Skimp on servings of guilt.

#### **Overeating & Weight Gain: The guilt angle**

Jack Yanovski, M.D., Ph.D., head of the Unit on Growth and Obesity at the National Institutes of Health found that when we go to parties that fall outside our normal meals, we have a lot of trouble restraining ourselves - even if we have eaten prior to arrival. See? It isn't just you!

#### **Overeating & Weight Gain: The good news**

A day or two of overindulgence are not going to kill you. When you accumulate **3,500 calories over and above** the [number of calories you need to maintain your weight](#) you will gain a pound of fat.

*Point being that doesn't happen in a day.*

You think you gained 5 pounds in a day or even a month? [Researchers say they doubt it.](#) Most large scale fluctuations over short periods are probably due to [water retention](#), which can be influenced by salty foods like the ones we enjoy during feasting times.



Just your typical holiday 5.

Chances are your holiday gains are moderate, but on par with other gains you have had throughout the year and will have after the holidays. Best strategy? Don't get caught up on one month a year. Think instead about small, pleasurable ways you can change throughout the year.

Enjoy your holiday meal. Period. Also find ways that you can enjoy physical activity and make sustainable, moderate modifications to the way you eat all year long. The two are not mutually exclusive.

#### **Emotional Eating: The guilt angle**

[Researchers tell us](#) that emotional states of boredom, anxiety and 'dysphoric mood' (i.e. the blues) are likely to trigger food cravings. Fantastic. I don't know about you, but few situations are more likely to produce collective anxiety and dysphoria than the pressure of prepping for holiday travel and entertaining. So are we basically SOL, here?

#### **Emotional Eating: The good news**

[Interesting studies](#) are beginning to reveal a connection between mindfulness, distraction and happiness. A grossly oversimplified summary of the research:

- The more we are distracted (in some very small ways) the more unhappy we tend to be.
- The more we are in contact with what is actually going on in and around us, the happier we tend to be.

Yes, such mindfulness even tends to produce more happiness when the task we are engaged in is not particularly pleasant - like a root canal or eating Great Aunt Matilda's [liver and aspic](#).



Nothing quite like a good aspic.

Whether you enjoy family gatherings or would rather take a long walk off a short pier than eat dry turkey and listen to your dad's retelling of his varsity football anecdotes, play a game with yourself. See how often your mind wanders to that vacation you are planning, tax season, or dinner and gently nudge it back to the task at hand.

Just notice what is going on without a lot of extra conversation, judgment or freaking out. And if this whole new-agey "being in the present" hoo-ha doesn't float your boat then there is always pumpkin pie.

Mmmmmmm. Pumpkin pie.

[Tell us your funniest holiday guilt story on our blog.>>](#)

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