

**Main Campus - Room NE1-205****ALL FITNESS LEVELS WELCOMED!**Contact Laura Hogan at ext. 4-5832 or [hoganl@ccf.org](mailto:hoganl@ccf.org)

NOVEMBER	Monday	Tuesday	Wednesday	Thursday	Friday
Jazzercise	5:30 PM		5:30 PM	5:30 PM	
Express					
	<u>1Hr Class</u> Nov. 24		<u>No Class</u> Nov. 18, 25	<u>No Class</u> Nov. 26	

**TRY A FREE CLASS: Bring this notice or show your pedometer at the door.**

DECEMBER	Monday	Tuesday	Wednesday	Thursday	Friday
Jazzercise	5:30 PM		5:30 PM	5:30 PM	
Express					
Class Held	7 & 14		2 & 9	3 & 10	

**About the Jazzercise Express Class Format:** This 30-minute workout features a streamlined fusion of strength and cardio conditioning. With targeted intensity and moves, Jazzercise Express provides great calorie-burning and muscle-toning results.

**Location:** Room NE1-205 of the Lerner Research Institute.

**Jazzercise Pricing:** Monthly Employee EFT Membership: \$20  
8 Week Class Pass - \$64  
Day Pass - \$10  
**EHP and Non-EHP Plan Members Welcomed!**

**Avoid Holiday Weight Gain - Trim the Turkey Fat**

(CARLSBAD, CA) – It's turkey time! That means family gatherings, football games, and hours logged at the dining room table eating. The average Thanksgiving dinner packs a whopping 3,000 calories. It would take almost five hours of jogging to burn-off all those calories! And that's just the start! The real problem is that the mashed potatoes, gravy, and pecan pie served at Thanksgiving are just the beginning of a long season of temptation. Jazzercise Founder and CEO Judi Sheppard Missett has a few suggestions for keeping your weight in check during the holiday season. See if you can incorporate 1-2 of her suggestions into your daily routine.

- 1. The early bird catches the worm.** According to a study at the Mollen Clinic, 75% of people who exercise in the morning hours stick to their regular regimen, whereas only 50 % of afternoon exercisers and 25% of evening exercisers do the same. During the busy holiday months, try working out first thing in the morning. No matter what else happens in your day, it won't interfere with your fitness regimen.
- 2. Plan ahead.** There's nothing worse than setting aside time for your workout, only to realize that you've forgotten your sneakers when you arrive at the gym. So, prepare your next day's workout bag before going to bed each night. Pack your sneakers, sports bra, and whatever else you possibly need, so that you're not rushing around in the morning.
- 3. Indulge just a little.** As your stress level increases with party planning, shopping, and family gatherings, don't deny yourself all things sweet. You'll only end up bingeing later on. Instead, measure out a reasonable portion of the foods that you regularly crave. Sit at your table and enjoy each bite of your little indulgence.
- 4. Shop 'til you drop.** It's seemingly impossible to walk through the mall without a half-dozen fattening foods calling your name. Sidestep these landmines by shopping early in the morning, when fast food fries are less appealing. When you check-off the items on your holiday list, reward yourself with a pedicure or a chair massage instead of a cinnamon roll.
- 5. Take the stairs, two at a time.** You've heard it before. Whenever possible, take the stairs instead of the elevator to burn-off a few more calories. This holiday season, step-up your stair practice with a little more vigor. Take stairs two at a time. You'll use a different part of your leg muscles and you'll reach your destination a little faster.
- 6. Maximize your time.** If you're too busy during the holidays to attend a fitness class, then use your morning commute or your lunch hour. Try cycling to work. Opt to stand on the subway rather than sit. Talk your office pals into a lunchtime power walk. Infuse 10-minute chunks of exercise throughout your day, attempting to reach a total of 30-60 minutes each day.
- 7. Set workplace rules.** Your co-worker brings in a platter of fudge. Your boss orders donuts for the entire office. How can you possibly avoid the temptation of office binges when they're around you from Halloween through Thanksgiving, and into Christmas? Try the five-minute rule. Decide that you can have a little taste of the sweet treats in the office break room after waiting for five minutes. Chances are that your craving will be gone by the time 5 minutes passes.