

KINETOSCOPE 2009

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Costume designer

loves her job!



Illustration for She's the Man by
Costume Designer Katia Stano

Senior steward arbitration update: BCCFU seeks award for breach of 9-hour rule
The online vote: We're getting greener every day
Business representative update: Looking ahead

STAY HEALTHY! - Tips to keep you from overdoing it over the holidays

In an effort to help keep your bodies in top shape, *Kinetoscope* asked Vancouver registered dietician Jessica Begg to share her expertise on how to stay healthy this holiday season. Here are some tips from Jessica that we hope can benefit you and your family:



- Arrive at parties relatively satisfied — have a small snack before you leave home and do not skip a meal in preparation before going out. This way you will avoid the high fat and high sugar snacks, leaving your appetite for the good stuff.
- Plan to taste the goodies, but share a piece or just have one. Take a small plate and move away from the tables of food. You are less likely to mindlessly nibble while you are chatting.
- Eat lots of fruits and vegetables to keep your immune system strong. We are more susceptible to illness if we are not eating well, not getting enough rest, or we are letting holiday obligations stress us out.
- During the holidays we spend a lot of time indoors with many people — make sure you wash your hands a *lot* and avoid touching your face. People may look fine, but they can still spread cold and flu germs around!
- Health Canada recommends women consume no more than one drink per day and men consume no more than two drinks per day. Do not forget that alcohol is high in calories and it is in a liquid form, so our body does not recognize it the same way it does solid food. As a result, we continue to eat even after we have drunk enough calories!
- If you are working over the season and getting your food from catering, try to avoid foods that are deep fried and those that have cream sauces or gravies. Also, try to keep portions smaller if your work is more sedentary and you do not burn that many calories. If at all possible, try to keep granola bars, fruits, nuts, yoghurts, cheese, and crackers handy for snacks.

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