



Maintain, Don't Gain This Holiday!!

During this time of year, we are all extremely busy and we can often not make time for exercise. And if you add in the fact that we are taking in more food this time of year, you have a disastrous combination. The weather has been extremely pretty the last few weeks but as we saw the weather turn colder this past weekend, follow these tips for enjoying the outdoor exercise. It is always important to wear layers because you can always remove a layer but you can't very well add something to your wardrobe in the middle of your run. Don't forget your hands and ears. A headband, hat and/or ear muffs will help protect your head. As we are aware, you lose the majority of your heat through your head. Now with nasty weather, it

may be difficult to get motivated to exercise outdoors so remember that it is okay to just stay inside and exercise. You can dance around to some music, lift some weights, do indoor exercise, and just have fun. There is no need for body-weight exercises which can get your heart pumping and your body burning calories. Inexpensive equipment such as hand weights and resistance bands can also be purchased to help you reach your fitness goal. The last way to stay active is to sneak exercises into your daily routine such as take the stairs instead of the elevator, or exercise during your TV commercial breaks. And there are always exercises that you can do at your work desk. We have info at our office about fitness and exercises.

In addition to exercising, we are hoping that everyone will plan to attend some of the programs that the Extension Office has planned in 2021, in both Person and Granville Counties including the following programs.

- Take Control Chronic Disease
- Med Instead of Meds
- Steps to Health
- Eat Healthy, Be Active
- Eat Smart, Live Strong
- Cook Smart, Eat Smart

Email jennifer.brown@ncsu.edu to learn about programs in your area in 2021.

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Decorated Tree Cookies

Ingredients

- 1 1/2 cups powdered sugar
- 1 cup soft margarine or butter
- 1 1/2 tsp vanilla extract
- 1 egg, slightly beaten
- 2 1/2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp cream of tartar

Nutrition Information (1 cookie): 60 calories,
3g fat, 5g cholesterol, 7g carbs, 1g protein

Directions

In a large bowl, beat powdered sugar and margarine with an electric mixer on medium speed, or mix with a spoon, until smooth. Break egg into a small bowl and beat slightly with a fork. Add egg to sugar mixture and stir in vanilla extract. Stir in flour, baking soda and cream of tartar. Cover the dough and refrigerate for about 2 hours. Preheat oven to 375 degrees. Lightly flour counter or use a dough board. Place half of dough on surface and form a ball. Rub some flour on the rolling pin and roll dough to about 1/8 inch thickness. Using a Christmas tree cookie cutter, cut out several cookies. Place about 2 inches apart on an ungreased cookie sheet. Bake 7-8 minutes or until lightly brown. Cool completely before using frosting or glaze to decorate.

Source - University of Illinois Extension

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