

LIVE WELL – WORK WELL



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Tips for Sticking to Your Diet During the Holidays

The holidays bring to mind thoughts of family, friends, fun and food. However, each year, millions of Americans struggle to maintain their waistlines during the holidays while surrounded by tempting holiday treats.

With so many social gatherings during this time, it can be difficult to avoid treating yourself when you're offered good food and drinks. Whether you're dieting or just trying to maintain your healthy lifestyle, fear not—you can survive the holidays and wake up on Jan. 1 without feeling remorse or guilt. Consider the following tips:

- **Don't go to a party hungry**—Eat before attending a party so you don't arrive on an empty stomach and devour everything in sight.
- **Eat slowly**—Be mindful of every chew. It takes your body 20 minutes to realize when it's full.
- **Pace yourself when drinking**—Alcohol can be dangerous at holiday parties, as overindulgence cannot only cause embarrassment, but also pack on the pounds.
- **Make socializing your top priority**—If you're distracted with conversation, you'll be occupied and less likely to indulge in food or drinks.
- **Don't feel pressured to eat leftovers**—If you have an abundance of leftovers after hosting a party, don't feel like you have to eat them just because you don't want them to go to waste.
- **Practice self-control**—For example, allow yourself one plate of food at a party, and promise yourself that you won't go back for seconds.



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Broccoli Quinoa Casserole

Ingredients

- 2 10-oz packages frozen chopped broccoli
- 1 1/2 cups quinoa cooked and cooled (measurement is for quinoa after it is cooked)
- 3 eggs
- 1 cup low-fat cottage cheese
- 3 Tbsp. white whole wheat flour
- salt & pepper to taste
- shredded parmesan for topping

Instructions

Preheat oven to 350° F. Spray a 2-quart casserole dish with cooking spray.

1. Heat broccoli according to package instructions.
2. While broccoli is cooking, beat eggs and add in cooked quinoa, cottage cheese and flour. Season with salt and pepper.
3. When broccoli is finished cooking, drain it well and fold it into quinoa mixture. Scoop mixture into prepared casserole dish.
4. Bake in preheated oven for 30-35 minutes. Sprinkle some parmesan on top during the last 5 minutes of baking.

Nutrition

Calories: 188kcal | Carbohydrates: 21g | Protein: 15g | Fat: 6g | Saturated Fat: 2g | Cholesterol: 100mg | Sodium: 270mg | Fiber: 4g | Sugar: 4

Daily Use of This Supplement May Help Lower Heart Disease Risk

According to a team from Harvard's School of Public Health, daily use of omega-3 fish oil supplements may help you bolster your heart health. The team reviewed data from 13 different studies and found that consuming about 840 milligrams of omega-3 fish oil per day was linked to a lower overall risk of dying from heart disease.

In addition to taking omega-3 fish oil capsules daily, the team recommends focusing on living a healthy lifestyle to keep heart disease at bay. A healthy lifestyle includes maintaining a healthy weight, getting enough exercise, avoiding tobacco and alcohol consumption, and eating a well-balanced diet.

For more information about your personal risk of heart disease or lifestyle changes that you can make to lower your risk, contact your doctor.



Stay Safe While Decking the Halls

Although decorative lights are great for getting your home ready for the holidays, they can also present a safety risk if they aren't displayed and maintained properly. Here are a few things to keep in mind to ensure that your home is safe during the holidays:

- When you're buying decorations, always check to see if the product has a label that indicates that it has been independently tested by an organization like Underwriters Laboratories.
- Inspect all lights before you use them. If you notice any damaged cords or plugs, discard those lights immediately. Also, if you need to replace any bulbs, make sure that the lights are unplugged first.
- Use a ladder made of nonconductive materials when you hang lights outside to reduce the risk of electrocution.
- Check to see if your lights were designed for indoor or outdoor use. Although most decorative lights have basic waterproofing, indoor lights can present a serious risk of electrocution or fire if they're used outside.