

## Doctor's Bag



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### EXERCISE CAN BE A GREAT STRESS RELIEVER

It may be cold and snowy outside but you can still work off some of that post-holiday stress through exercise. Here's a list of indoor activities and calories burned courtesy of *HowStuffWorks.com*. (Calories are based on a 150-pound person. A heavier person will burn more calories.)

Mop the floor for 30 minutes; burn 153 calories

Prepare dinner for 30 minutes; burn 74 calories

Sweep the floor for 10 minutes; burn 28 calories

Vacuum for 20 minutes; burn 56 calories

Watch TV for 1 hour; burn 72 calories (surprise!)

Grocery shop for 1 hour; burn 243 calories

Dust the surfaces in your home for 30 minutes; burn 80 calories

Iron clothes for 30 minutes; burn 76 calories

Fold clothes for 30 minutes; burn 72 calories

And best of all ... 30 minutes of kissing burns 36 calories (you may not lose weight fast but it's a great stress reliever!)

Happy New Year. Don't forget to schedule your annual physical!

## HLInfo YOUR MONTHLY GUIDE TO HEALTH CARE AWARENESS

### Post-Holiday Stress Relief

The following tips are from the article, "Post-Holiday Detox: Five Tips for Body Recovery and Rejuvenation After the Holidays," written by Lisa Belle and published by Associated Content, Inc.

#### Hydrate

After the holidays, buy a re-usable (BPA-free) plastic or aluminum water bottle and drink several bottles of water a day. You can also get your water through water-rich foods like fruits and vegetables, but stay away from dehydrating beverages such as those containing caffeine or alcohol.

#### Say No to Leftovers

People actually end up consuming more calories from holiday leftovers than from Christmas dinner. Frozen leftovers make easy meals but they're very unhealthy, so try to stay away from them. Next year, send care packages of leftovers home with each of your guests and eat your normal, healthier food instead.

#### Clean Your House

After the holidays, chances are a) you've gained weight and b) your house is a complete mess. Believe it or not, you can burn hundreds of calories by doing a thorough cleaning of your house after the holidays.

#### Say No to Alcohol

Maybe you want that holiday buzz back or maybe you want to distract yourself from your annual post-holiday slump, but whatever you do, stay away from any leftover alcohol. Not only does alcohol cause dehydration, it can also ruin your after-holiday diet.

#### Say Yes to a Happy, Healthy New Year

Too many of us overcommit during the holidays. Take a breather and enjoy each new day. Eat smart, get some exercise, spend time with the people who are important in your life. Be good to yourself this year. You deserve it.



## DidUKnow?

The National Mental Health Association (NMHA) advises to watch for the following signs of stress at any time of the year:

- ◆ Feeling angry, irritable or easily frustrated
- ◆ Feeling overwhelmed
- ◆ Change in eating habits
- ◆ Problems concentrating
- ◆ Trouble sleeping
- ◆ Problems with memory
- ◆ Feeling burned out from work
- ◆ Feeling that you can't overcome difficulties in your life
- ◆ Having trouble functioning in your job or personal life

The NMHA further recommends:

"If you are feeling overwhelmed, unable to cope and feel as though your stress is affecting how you function everyday, it could be something more, like depression or anxiety. Don't let it go unchecked. Contact your health care provider.

#### Newsletter Information Sources

"Are You Experiencing the Signs of Stress?"  
National Mental Health Association, [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

"Post-Holiday Detox: Five Tips for Body Recovery and Rejuvenation After the Holidays,"  
by Lisa Belle, Associated Content, Inc. 2007, [www.associatedcontent.com](http://www.associatedcontent.com)

"20 Everyday Activities and the Calories They Burn,"  
by the Editors of Publications International, Ltd., [www.howstuffworks.com](http://www.howstuffworks.com)

"Follow These Tips to Avoid Post-Holiday Workout Injuries,"  
IU Newsroom, Indiana University, <http://newsinfo.iu.edu>