

# TURKEY TIME

BY HELEN PUFAHL, RESIDENT CONTRIBUTOR

Goodwill, good friends, family, love... oh, and calories...lots and lots! How many calories you're eating on Turkey Day is probably the last thing you want to think about on Thanksgiving Day. The turkey, stuffing, cranberry sauce and miles of pie can add up to as much as 3,000 to 4,500 calories! The typical, moderately active woman needs approximately 1,800 calories a day and the average man needs between 2,200 and 2,400, according to the Academy of Nutrition and Dietetics, that's nearly two days' worth of calories in a single meal!

## DON'T GOBBLE YOUR WAY TO CHRISTMAS!

The key to keeping things under control consists of limiting yourself to just that one day.

It's the one time of the year you should be able to enjoy what you want without counting calories. But it's a good idea to plan activities both before and after dinner to burn off at least some of it!

A family football or soccer game before the big turkey dinner is a great bonding time for everyone and burns calories before you eat. If you're on your own, consider looking into one of the many Thanksgiving Day fitness classes around town. Non-gymgoers can sign-up for the local Turkey Trot, a 4-mile run around Huntington Harbor. If you're looking for a more low-key activity, go for a walk.

## For perspective, here's what you'd have to do to burn off a 3,000-calorie dinner:

- Walking 4 mph (a brisk walk): 10 hours
- Running 6 mph: 4 hours
- Elliptical trainer (moderate effort): 12 hours
- Yoga (Hatha): 17 hours
- Indoor cycling class: 5 hours

(Source: The American College of Exercise, based on a 150-pound person.)

One of my favorite things to do after big holiday meals is to take a walk. It helps speed up your metabolism and aids in digestion.

- **TALK TURKEY**-Turkey is a great source of lean protein, and it's healthiest if you go for the white meat.
- **VEG OUT**-Fall veggies such as squash and green beans are great side dishes.
- **BE SWEET**-Loaded with vitamin A, vitamin C, potassium and fiber, sweet potatoes make for a tasty side dish.
- **STUFF WITH VEGGIES**-Opt for less bread in your stuffing and add more onions, celery and other veggies.
- **STEAM AND MASH**-Cauliflower makes for a yummy alternative to mashed potatoes. Mash, puree, steam, or boil cauliflower with low-fat milk to sneak in some extra veggies into your meal.
- **FALL FRUIT**-try a baked apple or poached pear for a low-calorie dessert.
- *Avoid the pies to keep your meal off your thighs!*

**Yours in Fitness,  
Helen**

Helen's love of fitness began at an early age. She practiced dance, gymnastics as well as track and field. She's an Exercise Physiologist with 35 years of experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant, and Senior fitness specialist. Helen is the owner of Unique Health & Fitness.



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