



## Thanksgiving Feast

The holidays are fast approaching, and we all know what that means! Delicious food, and plenty of it. The problem is, this holiday indulgence can lead to increasing waistlines and declining health. The average American gains one pound per year, and never loses it. Instead of overdoing it now and struggling to lose the weight later, here some tips to avoid it in the first place.

First things first: get some exercise on Thanksgiving morning. Turkey Trots are a fun tradition that most towns have. There's no better way to celebrate the holiday than a 3.1 mile run with other runners.

Before the big meal, don't starve yourself in an

attempt to make room for the vast amounts of food you're about to consume. Eat a healthy breakfast of something filling, like wholegrain cereal and eggs. The fiber and protein will keep you full so that you don't eat too much at dinner.

There are plenty of areas to cut back on some calories in the holiday meal. Try these easy substitutions: use low-fat yogurt in place of sour cream, skim milk instead of whole milk, two eggs whites in place of an egg, or low fat versions of cheese, butter, and cream of mushroom soup. A one-to-one ratio of skim milk to flour can be used in place of heavy cream, and frozen yogurt can be used wherever you would nor-

mally eat ice cream. And as for the turkey itself, lose the skin.

When it comes time for dinner, don't get too excited; eat slowly and pay attention to your body when you're full. Skip seconds on the high-calorie dishes.

Thanksgiving dinner is one of America's favorite traditions. We can put a health-conscious twist on this holiday classic with a few simple tricks. Bon Appetit!



*Try to avoid seconds on the pumpkin pie! The average home-cooked slice has 316 calories and 14.4 grams of fat.*

### 2009 Downtown YMCA Turkey Trot

Start off your Thanksgiving holiday with a bang! The bang of the starting gun, that is. Join us for the 2009 Turkey Trot at the Downtown YMCA. Both runners and walkers are welcome. A family fun run begins at 8:15, where you

and your kids can do 2 miles together. Then, at 9:30, there will be a 5k (3.1 mi) race. Remember, athletes of all abilities are invited to participate!

The Downtown YMCA is located at 330 Boulevard of the Allies in Pittsburgh.

For more information, call (412) 227-6420. Register online at [active.com](http://active.com). Registration fees are \$20 before November 13th and \$25 until November 23rd, at which point registration ends. Don't miss the chance for a fun morning!

**Diabetes  
Awareness  
Month**

November is the American Diabetes Association's Diabetes Awareness Month. Diabetes is a disease in which the body has abnormally high levels of glucose in the blood. In Type I diabetes, the pancreas does not produce insulin; in Type II, the body does not use insulin well. Uncontrolled diabetes can lead to eye, kidney, and nerve damage, among a host of other problems.

Type II diabetes can often be controlled by diet and exercise. If left untreated, it can become Type I. If you have fatigue, thirst, weight loss, blurred vision, and frequent urination, see your doctor. It may be a sign of abnormal blood sugar.