



# Toilet Talk

## Tips for a Healthier Thanksgiving

Thanksgiving only comes around once a year so why not go ahead and splurge? Because gaining weight during the holiday season is a national pastime, take these 5 tips and put them towards a healthier Thanksgiving for you and your family.

- 1. Eat a good Breakfast!** No matter what you do, start the day off right. Get some protein, healthy fats and fiber. It will help to balance your blood sugar, curb cravings and set you up for a better day
- 2. Bring a Healthy Dish!** Even if your relatives are serving mashed potatoes loaded with heavy cream you can balance the menu out by providing some lighter dishes.
- 3. Eat a Salad!** Get some greens in your system to balance out the heavier foods.
- 4. Exercise!** Whatever you do, don't skip exercise. You can run a turkey trot in the morning, play some touch football or even gather the family for a walk after dinner.
- 5. Enjoy your Thursday Meal but get back on track Friday!** Don't make this a four-day eating extravaganza. If you indulge on Thursday, enjoy it without guilt. Just be ready to get back on track with healthy foods and exercise on Friday.

Want recipe ideas? Visit [http://www.eatingwell.com/recipes\\_menus/collections/thanksgiving\\_collection\\_1](http://www.eatingwell.com/recipes_menus/collections/thanksgiving_collection_1) for plenty of tasty holiday dishes!

## No Shave November

November is that famous time of year when men put down their razors and let their beards grow long to raise cancer awareness. The money that men usually put towards shaving is then donated to the No-Shave November organization to raise funds to support cancer prevention, education and research.

The most common cancers that effect men include:

- Prostate Cancer
- Colon Cancer
- Lung Cancer
- Bladder Cancer



So for the month of November put away the razors and register with No-Shave November! Get a team together or sign up solo at <https://no-shave.org> For more information about cancer visit the American Cancer Society at <http://www.cancer.org>

## Prematurity Awareness Month

November is National Prematurity Awareness Month. This month of awareness is led by the March of Dimes. Founded in 1938 by President Franklin Roosevelt, the March of Dimes is a leading non for profit organization for pregnancy and baby health. March of Dimes is dedicated to improving the health of babies by preventing infant mortality, birth defects and premature birth.

- Premature birth is the number one cause of death for babies.
- The average medical cost of a healthy baby: \$4,389. For a premature baby: \$54,194
- Of the 15 million babies born prematurely worldwide, 1 million will die.

For the month of November, Pledge Purple for Preemies and help in the fight against premature infants.

To visit the March of Dimes website and learn more please go to <http://www.marchofdimes.org>

*“To live is the rarest thing in the world. Most people just exist.” –Oscar Wilde*