**Exercise of the Month**

**PISTOL SQUAT**

Stand with feet hip-width apart, fists in front of chest with elbows bent; lift right foot forward a few inches off floor, foot flexed. Squat, bending left knee 90 degrees, as you lift right leg to hip level in front of you. Perform 3 sets of 10-15 reps, switch legs.

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**Local Turkey Trots**

- Geisinger Turkey Trot 5K Walk & Fun Run  
  November 17th, Danville, PA
- Geisinger Turkey Trot 5K Walk & Fun Run  
  November 17th Wilkes-Barre, PA
- Lake Wynonah Turkey Trot 5K Run/Walk  
  November 18th, Auburn PA
- Mifflinburg Turkey Trot & Kids Fun Run  
  November 22nd, Mifflinburg, PA

*register for races at www.active.com

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**Trimmin’ Turkey Day**

FACT- THE AVERAGE PERSON EATS 4,500 CALORIES ON THANKSGIVING!!

Thanksgiving, the day where it is encouraged to eat indulgent rich food until you have to loosen your belt buckles. Thanksgiving should be a day of relaxation and spending time with those you are thankful for, not about stuffing our faces. Here are healthy alternatives to those typical Thanksgiving traditions.

**BE ACTIVE:** Get out for an early morning workout. 30 minutes of exercise will increase your metabolism to burn more calories throughout the day. Look for your local Turkey Trot, there are plenty of 5k walk/runs that are held early Thanksgiving morning where you can get in exercise before you have to start cooking.

**EAT BREAKFAST:** By eating a healthy breakfast you are 5 times less likely to overeat and choose high glycemic index foods during the day. Eating breakfast will also regulate your blood sugar levels and not cause a massive spike when you consume a large amount of calories in one sitting.

**SMART INDULGENCE:** Make a choice to yourself before you head to Thanksgiving dinner on what your indulgence will be. If you know you love pumpkin pie or your grandmother’s stuffing, make that your big splurge of the meal. Eat as clean as possible, and stay away from the high carb and high fat foods at the table and eat your 1 indulgence.

**LOAD UP ON TURKEY:** It is true turkey will make you sleepy; however, it is the healthiest food on the table. Turkey is packed with protein and low in calories and fat. Make turkey your largest amount of food on your plate this Thanksgiving.

**LEFTOVERS:** Instead of reliving this calorie consuming day all over again, bring your leftovers to a local soup kitchen or homeless shelter. By doing this not only will you help those who are hungry and less fortunate get a great meal, but it will also remind you all of that you have to be thankful for.

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**Recreation Services Contacts**

**Joe Santorine,**  
Assistant Director of Athletics/Recreation. 570-577-1656 or jsantor@bucknell.edu

**Laurel Kopecky,**  
Fitness/Strength Assistant. 570-577-1465 or laurel.kopecky@bucknell.edu
Towel Talk
November 2012

Healthy Thanksgiving Recipe Websites

Websites:
www.delish.com
www.everydaypaleo.com
www.eatingwell.com
www.sparkrecipes.com
www.wholeliving.com
www.shape.com
www.thatsfit.com

Gobble This Not That

Trade out these classic Thanksgiving dishes for these healthier food choices.

Mashed Potatoes- Roasted Sweet Potatoes w/ Drizzled Olive Oil, Cinnamon, and Cayenne Pepper

Green Bean Casserole- Blanched Green Beans w/ Almonds and Thyme.

Cranberry Sauce- Whole Cranberry and Pear Sauce

“StoveTop” Stuffing- Multigrain Stuffing w/ Apples and Currants

Pumpkin Pie- Almond Flour Pumpkin Cookies

**All of these recipes and more can be found on the websites locate in the top left corner**

Group Fitness Classes- Fall 2012

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<td>9am-10am</td>
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<td>4pm-5pm</td>
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Fall Programs

Fall Back Into Fitness- September 10th - December 3rd

Many Miles- October 1st - November 26th

HerdFit- September 17th – December 3rd

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