

# Military workout boosts mental edge

Veterans Day had me thinking a lot about our national heroes.

Do you ever wonder why the military places a premium on physical fitness?

This month, I will give you the short answer, as well as a really quick military-style workout.

California Gov. Arnold Schwarzenegger, a former professional bodybuilder, once said that it is not the body that fails first, but the mind.

That's why we should think of physical conditioning as an extra tool to help keep our minds focused.

Developing a strong mind set



**Kennett Washington**

**Train Hard, Eat Healthy**

to support the physical aspect of being physically fit is a must.

That's where short-burst military-style workouts come in. They can help develop mental toughness through exercises that can be done just about anywhere.

This is why our soldiers are in such good shape. Think about it like this; they have to have to be to do their jobs.

In honor of our Veterans, I'm going to share with you a military style workout plan so you can get in great shape, too. It will also help you see just how hard they work for us.

## The 10 Minute Military Workout

This plan is excellent for all-around fitness and will get you in great shape, through fast, simple exercises.

◆ **Push-ups** – Do as many

reps as you can do in 1 minute.

◆ **Lunges** – Do as many reps as you can do in 1 minute.

◆ **Run** – Jog as far as you can in 3 minutes.

◆ **Bicep curls** – Do as many reps as you can do in 1 minute.

◆ **Squats** – Do as many reps as you can do in 1 minute.

◆ **Run** – Jog as far as you can in 3 minutes.

As you can see, you will work muscle and keep your heart pumping with this type of simple, workout regimen.

This is the best way to get fit and lose body fat. Remember to warm up and stretch first.

When it comes to exercising, you need to push yourself. But make sure to put form over speed.

Exercise as fast as you can while staying in control so you don't risk injuring yourself.

And if you want to push yourself even harder and get a better taste of what military life is like, do the above workout 20 consecutive times.

Then you'll just be warmed up. Until next time, train hard and eat healthy!

– Fitness Expert and professional bodybuilder Kennett Washington is president of Healing Strength Personal Training.

# Common-sense tips to make holiday eating habits healthier

Metro Services

Holiday eating habits are often characterized by overeating.

From the first taste of Thanksgiving turkey on Thursday until the last pig in blanket hors d'oeuvre on New Year's Eve, holiday eating habits are not always healthy.

Unhealthy eating and overindulgence during the holidays is something many people accept as a staple of the season.

But it's just as easy to enjoy a healthy diet during the holidays as it is to go overboard. All it takes is a nip and tuck here and there to make holiday eating habits healthier.

◆ **Contribute healthy items when attending social gatherings** – Many holiday parties are pot

luck, wherein each guest brings a dish to the party. Instead of contributing another batch of holiday cookies, bring a healthy dish, like a large salad that makes for a great appetizer or a low-fat and low-calorie dessert that everyone can enjoy.

For example, chef Elizabeth Edelman's diabetic-friendly recipe for Pumpkin Mousse, below, is a healthy way to enjoy classic holiday fare without the guilt. Edelman said the dessert has a decadent flavor at a surprisingly low carb count. She uses real sugar and honey, but it can be replaced with a sugar substitute.

◆ **Don't forget vitamins and minerals** – There's no way to control the menu when attending holiday functions like office par-

ties or when traveling to visit family and friends.

But when cooking during the holiday season, add more healthy foods to existing recipes to make up for any lost nutritional value. Include more vegetables in the menu. Don't be afraid to add nuts, fruits or beans to meals as well.

◆ **Limit alcohol consumption** – Overindulging during the holidays doesn't apply to just eating too much turkey. It's easy to overindulge with alcohol as well. In addition to being dangerous, overindulging with alcohol is unhealthy. Many drinks are high in calories, even if the drinks are four ounces or less. A 3.5-ounce martini, for instance, is well over 100 calories. When consuming alcohol during the

holidays, limit yourself to one drink. It's not only safer to do so, but it also benefits the waistline.

◆ **Baste with broths** – Holiday turkeys need to be basted, and arguably no baste is healthier than fat-free broth. Many recipes call for basting with fat drippings or sauces. However, fat-free broths are a much healthier option, and might even taste better.

◆ **Don't skip meals** – Due to the hectic nature of the holiday season, it's easy to skip a meal or two here or there, especially if there's a holiday party later in the day. But skipping meals will only increase the likelihood of overeating at holiday gatherings, which, as mentioned earlier, often feature less healthy fare.



PHOTO SUPPLIED

An easy way to make holiday meals healthier is to include more vegetables on the menu.

## Pumpkin Mousse

### Ingredients

- 3 eggs
- 1 cup milk
- 1/2 cup honey
- 1/2 cup milk
- 1 (.25 ounce) package unflavored gelatin
- 1 1/2 cups pumpkin puree
- 2 tablespoons white sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1 teaspoon vanilla extract

### Directions

◆ Pour 1/2 cup of milk into a small bowl and sprinkle the gelatin over it to soften. Separate the eggs, placing the whites in an electric mixer bowl and the yolks in a heat-proof bowl that holds at least 2 cups.

◆ Combine milk, honey and spices in a saucepan and heat until the honey dissolves and the mixture is steaming hot. Add the softened gelatin with its liquid and stir until it is completely dissolved. Pour most of the hot milk mixture into the egg yolks to temper it, whisking constantly. Pour this mixture back into the pot and continue heating until it thickens and is close to boiling. Stir in the pumpkin and keep stirring until there are no big bubbles when you stop stirring for a few seconds. Remove from the heat and whisk in the vanilla.

◆ Beat the egg whites until frothy. Gradually add the sugar, beating until stiff peaks have formed. Fold a big spatula of the whites into the pumpkin custard, then fold in the remaining egg whites. Spoon the mousse into individual ramekins or wine glasses. Serve with whipped cream.

– Recipe from Elizabeth Edelman

# Holiday

FROM PAGE 1B

## Don't lug luggage

Navigating airport security, crowded terminals and long check-in lines can be stressful enough. Add luggage and gifts into the holiday travel mix and things can get really unpleasant. One solution travelers are turning to is shipping luggage to their destinations.

"Traveling without a suitcase is a tremendous convenience, especially during the hectic holiday travel season. Having your luggage awaiting your arrival and tracking it along the way is even better," said Bryan Vial, manager of The UPS Store in Phoenix, Ariz.

"Ship your luggage as is or place it in a box for shipment. At select locations, you can purchase a luggage box and avoid a suitcase altogether."

Some major airline baggage fees can add up to over \$100. Vial says that a luggage box of comparable size shipped via UPS Ground service is competitively

priced and saves you time and hassle at the airport.

If you are a member of the Automobile Association of America, you can receive a 15 percent discount off the full retail price of eligible products and services, and 5 percent off domestic U.S. shipping costs. Visit [www.theupstore.com](http://www.theupstore.com) for more information.

## Shipping luggage

◆ Because of duties and taxes associated with international shipments, UPS does not recommend shipping luggage internationally.

◆ Federal Aviation Administration (FAA) restrictions prohibit shipping hazardous materials, including colognes and perfumes, aerosol sprays, nail polish and cigarette lighters via air.

◆ Include packaging tape and a return shipping label in the luggage box for use when returning home.

## News tip?

Call (803) 283-1155

**Fresh Cut Christmas Trees Wreaths & Garland**  
**BOY SCOUT TROOP 180**  
**Hwy. 521-Elgin Community**  
 Open Each Night From 5:00 - 8 pm  
 Open Saturdays 9am - 8pm  
 Sundays- 1-6pm  
 286-6800 • 286-4978  
 804-1787  
 866-246-1887



**AARP**

**IF YOU COULD NO LONGER SPEAK, HOW WOULD YOU MAKE YOUR MEDICAL CHOICES HEARD?**

It's not easy to think about future sickness and talk about advance directives, but it's important to do so now. If illness ever prevents you from communicating, these legal documents outline your choices for your caregivers.

There are two forms of advance directives: a health care power of attorney and a living will. By completing these documents, you can be sure your wishes are known and save your family members from potential stress if you fall ill.

Visit [aarp.org/sc](http://aarp.org/sc) for more information and the forms you need for an advance directive or call 1-866-389-5655 to request copies.