



PHOTOS BY JENNIFER REYNOLDS/The Daily News

Yoga instructor Lola Scarborough demonstrates left nostril breathing. This will calm the agitated mind and is a defense against depression, anxiety and panic attacks, while also helping to prevent insomnia, Scarborough said. Sit cross-legged on the floor or in chair with feet flat on the floor. Inhale slowly through the nostrils. As you inhale, place your right thumb against the right nostril and close off the right nostril. Put your left hand on your belly and feel your stomach rise as you inhale and fall back toward your spine as you exhale. Take deep, slow breaths through the left nostril only for three minutes.



Scarborough demonstrates the "Child's Pose," which helps to relieve depression and anxiety, she said. The pose also helps to calm the mind and the heart, she said. To review other benefits, visit [www.yogajournal.com/poses/475](http://www.yogajournal.com/poses/475).



Scarborough demonstrates Legs-up-the-wall pose, which is good for calming the mind and easing sciatica. Use folded blankets or a bolster for support. For information, visit [www.yogajournal.com/poses/690](http://www.yogajournal.com/poses/690).

# Hints for a healthy holiday

By SUE MAYFIELD GEIGER | Correspondent

**F**estive parties and buffet tables loaded with bacon-wrapped, melt-in-your-mouth appetizers, gooey dips, sizzling entrees and creamy desserts are hard to resist during the holidays. Staying fit and keeping extra weight off can be a real challenge. In fact, weight gains of seven to 10 pounds are common during the Thanksgiving and Christmas holidays, experts say.

So, we've consulted the experts for their secrets and strategies to staying fit this season.

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**KATHY LINDSEY**

fitness, weight training instructor  
College of the Mainland, Texas City  
409-938-1211

A fitness trainer for 35 years, Lindsey has heard every excuse in the book when it comes to diet and exercise. Maintaining a healthy weight during the holidays takes effort and wisdom. Lindsey suggests that on the day of a big party, eat normal meals and don't starve yourself. At the buffet, take small amounts of food and don't let items touch each other on your plate. Also, go for red wine, avoid hard liquor and limit yourself to one glass. At sit-down dinners, use the palm of your hand to measure food servings and never eat the last bite; which will save you 10 pounds a year, Lindsey said.

**LOLA SCARBOROUGH**

Yoga Lola Studios, League City  
281-684-3168

Yoga is especially helpful during the holidays because it has a calming effect on the body and mind, Scarborough said.

Also, if you do slip up and over indulge at the buffet table, mint can help settle the tummy.

Eat candies made with pure peppermint, sip on tea made with dried mint leaves or add crushed mint leaves to sparkling water. From 1 p.m. to 4 p.m. Dec. 4, Scarborough will conduct a "Happy, Healthy Holidays" seminar at Yoga Lola Studios.

**BILL MCGINNIS**

personal trainer, Galveston  
760-902-8325

"When guests arrive at parties, cocktails are readily available, and as more alcohol is consumed the thought process for healthy

eating seems to diminish," McGinnis said. It's possible to consume more than 3,500 calories at one holiday party, McGinnis said. With most gyms open Christmas Eve, McGinnis encourages everyone with memberships to work out as usual during holidays whether at home or traveling. If away from your home gym you can easily buy day passes to fitness facilities wherever they exist.

**MARY KESTER**

manager, Nature's Garden Market & Café  
Friendswood  
281-996-9596

"Focus on protein and veggies, eating your favorite dish last," Kester said. She also recommends walking to holiday parties if they're in your neighborhood and leave the car at home. Nature's Garden carries a few products to help you along, like carb blockers (blocks digestion of carbs) but make sure they contain all-natural ingredients, like Phaseolus Vulgaris, which is extracted from the white kidney bean.

**DEIDRE PEREZ**

D'Lite Full Fit Foods, La Marque  
409-935-4500

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