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Spiritual Awareness*

Intuitive counselors, energy healers, aura photography, vendors and 16 workshops on health and spirituality.

January 15-17, 2010

Friday, by appointment only

Saturday, 9:45am to 8pm

Sunday, 10:45am to 6pm

Sat. \$10, Sun. \$8, \$15 weekend pass

The Coop Bldg, 1100 Key Rd., Columbia
(near USC Brice Stadium)

For info & brochures contact Jan.
(864) 233-3033 or (888) 595-2266
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Carolina Reiki Institute, Inc.

Healing Ministries for Body, Mind, & Spirit

Classes:

- Reiki Classes—all levels
- Certified Reiki Practitioner Program

Services:

- Reiki Therapy—private and group
- Raindrop Treatments
- Health and Wellness Coaching
- Aqua-Chi Ionizing Foot Baths
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Avoid Holiday Weight Gain ...it's all in the planning.



by Molly Stamos

What comes to mind as the holiday season approaches? Cakes, candies, cookies, cocktails, turkey with gravy, mashed potatoes... the list goes on and on, and the calories add up. The average American gains six pounds between Thanksgiving and New Year's Day, but with some careful planning and a little effort you can avoid this without making it either boring or a chore. Start with these guidelines:

Never skip meals, which sets you up for overeating at parties and gatherings. Instead, eat a light meal and a tall glass of water before going out. This will keep hunger at bay and help you control food intake.

Watch out for alcohol, and limit yourself to one or two drinks. These calories add up fast and erode self-control at the buffet table.

Fill up on veggies and fruits, whose fiber will keep you feeling full.

Donate all those rich food gifts to the food pantry—do not bring them home!

Bring a healthy dish to share, so there is certain to be a healthy choice.

Get moving! Exercise is crucial to maintaining your weight. Not only will it increase your metabolism, it will fuel you with the energy necessary for your hectic schedule. Here are some ways to fit exercise into your busy life.

Circuit training is a great solution for hectic schedules, because it targets all muscle groups and helps you stay fit in less time. Circuit training workouts utilize both strength and cardio exercises with no rest in between, keeping your

heart rate up and the calories burning. No gym is necessary either, so you can do these exercises right in your bedroom or hotel.

Guidelines to create your own holiday travel workout:

- Always warm up and stretch muscles before you start exercising
- Pick 6 to 10 different exercises, alternating between strength and cardio (jumping jacks, squats, pushups, etc.), and write them down so you can follow along without pausing between sets
- Do each exercise for one minute; beginners one set and intermediate/advance exercisers 2-3 sets
- Always cool down and stretch when finished
- If you are traveling and have a lap top, bring along workout DVDs
- Resistance bands are an easy way to fit in quick strength exercises, and they pack easily
- Always bring running or walking shoes with you—you may get the opportunity for a quick walk or run before or after dinner
- Sometimes all the planning in the world gets derailed, so always think about ways to move your body anyway you can; walk as much as possible by taking extra steps at the mall, using the stairs, or volunteering to walk the dog

Take a little time to plan ahead and make this holiday season healthier and happier without a single pound of added weight.

Healthy Holidays!!

Molly Stamos owns *Fit to Go in Home Personal Training in Columbia*. For more info, call (803) 719-2732. See ad page 10.