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# Healthy Habituator

## All the Fit News to Email

**Dear Mike,**

At Healthy Habits, we help people who are frustrated, unsure, bored, or otherwise unsuccessful achieving their exercise and/or weight management goals. We only work by appointment and feature private exercise rooms, so the focus is on you. We listen to you, we help you where you need help, and we hold you accountable for your "homework."



Call us for a free consultation or trial workout.

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### Healthy Habits for Holiday Cooks

During the holiday season, we all love to entertain friends and share meals with family. But a joyous occasion can turn into a nightmare if we don't take the proper precautions when preparing food. Here are some simple tips for avoiding food-borne infections from the 2005 Dietary Guidelines for Americans:

WASH hands often with warm water & soap for at least 20 seconds. This is the single most important thing you can do.

CLEAN food contact surfaces thoroughly.

DO wash fruits and vegetables before eating or cooking.

DON'T wash meat or poultry - it spreads infection.

KEEP raw, cooked and ready-to-eat foods separate while shopping, storing, or preparing foods.

COOK foods to a safe temperature to kill bacteria.

REFRIGERATE perishable food within 2 hours of purchase.

DEFROST frozen foods properly - in the refrigerator, not at room temperature.

EAT leftovers within 3-4 days.

AVOID raw (unpasteurized) milk and juice, and anything made from them; raw or partially cooked eggs and foods containing them; raw or undercooked meats and poultry; raw sprouts.

For more information, go to these websites: [www.cspinet.org](http://www.cspinet.org) [www.recalls.gov](http://www.recalls.gov)

[www.fightbac.org](http://www.fightbac.org) [www.foodsafety.net](http://www.foodsafety.net) [www.foodandwaterwatch.org](http://www.foodandwaterwatch.org)

Have a safe and happy holiday season.