

LowcountryLife Health & Fitness

Does an apple a day keep the doctor away? Get the real story on folk wisdom **6C**

26.1

Team in Training helps marathoners go the extra mile while raising money for blood cancer research



From left, The Leukemia & Lymphoma Society's Team in Training participants Trey Judy, Molly Day, Kayla Anthony and Edilia Paz pose after the Savannah Rock 'n' Roll Marathon in November.

Special to the Packet and Gazette

FIND OUT MORE

Team in Training is holding two recruiting meetings for the summer season:

- 6 p.m. Jan. 25 at Jim 'N Nick's Bar-B-Q, 872 Fordling Island Road, Bluffton
- 6 p.m. Jan. 26 at City Java inside City Loft Hotel, 311 Carteret St., Beaufort

By **JUSTIN PAPROCKI** • jppaprocki@islandpacket.com • 843-706-8143

Training for a marathon can be a grueling experience, especially if you've never been in one before. But imagine how much easier that could be if a coach was by your side every step of the way, organizing your practice runs, offering encouragement and, overall, serving as a marathon mentor. That can be possible through The Leukemia & Lymphoma Society's Team in Training program. All they ask in return is to raise money to fight blood cancer. Team in Training provides coaching and covers most costs to participate in dozens of marathons, triathlons, bike rides and other similar events. In exchange, participants agree to raise money for the society.

Please see **TEAM** on 2C

FOOD SWAPS: Make healthy choices for the holidays

By **ALISON JOHNSON**
Daily Press (Newport News, Va.)
Portion size aside, some holiday favorites start off far worse for your waistline than others. "It's not uncommon to gain a full pound — or more — during the holiday season," said Gloria Tsang, a registered dietician and author of the new book "Go UnDiet."

- Some swaps to consider:
- **Crab cake appetizers** typically are made with mayonnaise and bread crumbs, and fried. Replace them — and items served in puff pastries — with shrimp cocktail.
 - **Candy canes** are pure sugar and won't fill you up. To satisfy a sweet tooth, choose small squares of dark chocolate, which have nutritionally valuable antioxidants.
 - **Eggnog** often is packed with calories and sugar, as are pina colodas, daiquiris and cocktails with liqueurs such as Baileys Irish Cream or Kahlua. Toast with champagne or hot chocolate made with low-fat milk.
 - **Spinach and artichoke dip** sounds healthy but is usually fat-heavy due to mayonnaise, sour cream and cream cheese. Serve a vegetable salsa instead.
 - **Croissants and biscuits** seem light and fluffy, but that's thanks to sugar and butter packed within their layers of dough. Go with whole-grain dinner rolls.
 - **Shortbread cookies** are crumbly because of high fat content. Ginger snaps are generally healthier.
 - **Cheesecake** can pack lots of fat; while recipes vary, pumpkin pie tends to be a smarter choice and also offers fiber and antioxidants. Top it with fat-free whipped cream or whipped evaporated milk.
 - **Gravy** tends to be high in fat, calories and salt. Make or buy low-fat versions; one idea is to dilute cream of chicken soup — look for a low-calorie, low-sodium product — with some skim milk.
 - **Mashed potatoes** are high in carbohydrates, but mashed cauliflower has a similar texture. Moisten it with canned chicken broth instead of butter.



Need a last-minute gift? Try one that boosts fitness in mind, body

Los Angeles Times
If the thought of a health-related gift inspires the same feeling of dreariness as receiving a mail-order fruitcake or a six-pack of tube socks, it's time to broaden your horizons. Health doesn't have to be ho-hum: Think items to help you stay in shape, accessories inspired by biology, stories about the frontiers of medicine and much more. Read on for some suggestions.



Fitbit Ultra

ity have trickled into the marketplace since the debut of the Bodybugg system made famous on the show "The Biggest Loser." If you're considering one as a gift, don't overlook the Fitbit Ultra.

Fitbit Ultra is a wireless gadget about

the size of a money clip that attaches to clothing or can be placed in a pocket. Weighing in at 0.4 ounce, it provides instant feedback by tracking calories spent walking, running, dancing or in everyday activities. With a 3-D motion sensor, it can calculate the intensity and duration of exercise. Fitbit Ultra also has a stair counter and stopwatch, and it provides cumulative statistics. Users can even monitor characteristics of sleep, such as when they doze off and how often they wake during the night.

Fitbit announced a free iPhone appli-

cation in October that allows users to log food and activities and track their progress toward fitness and calorie goals. The Fitbit Ultra is sleek and has a readable display and a battery that will last the average user five to seven days.

The device can be purchased online or in stores. Fitbit can be synced with the Fitbit nutrition and activity website, and there are no monthly fees.

If you're watching your weight and haven't tried a wireless activity tracker, you're missing out on a tool that motivates and informs.

REAL LIFE INSIDE A HOSPITAL
"Boston Med" DVD series, \$34.95

Television viewers are fascinated by hospitals — hence all the hospital-themed prime-time dramas, soap operas, mysteries and even sitcoms. But real life trumps fiction. For proof, watch the ABC documentary series "Boston Med."

This absorbing eight-part series follows doctors, nurses and patients whose lives intersect at three of the

Please see **GIFT** on 2C

ACTIVITY TRACKER

Fitbit Ultra, \$99.95

Devices that track physical activ-



PICKS

The Supreme 90 Day workout program feels a lot like the wildly popular P90X program. The program follows the same "muscle confusion" idea but has shorter workouts. The

workouts move faster, and the program is only a fraction of the cost of P90X. Cost is \$27. Find it at www.supreme90day.com.

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