

Family Living Focus
by
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Winter Calorie Burners
Did you know that the average American gains between 6-8 pounds during the holiday season?

When you factor in all the holiday goodies such as cookies, pumpkin pie, turkey with gravy, stuffing, and football party foods; you can't help but to wipe the droll from your chin. Also in the winter months most people would like nothing better but to curl up by the fire with a good book or watch the snow fall.

Although these activities are relaxing, they lead to a pretty sedentary winter season with some inevitable weight gain. But there is hope!

Here are some ways to increase your activity in the winter months and burn some calories in the process.

The best way to become active during the winter season is to join a gym or the local YMCA/YWCA.

Sign up for an aerobics or yoga class, swim in the indoor pool, or just walk on the treadmill. Whatever your choice, be consistent and get your moneys worth!

If cost is a concern, buy an exercise tape to do at home. This is another great way to get active. Make sure to purchase a tape that is at your fitness level. By renting exercise videos at the video store, you can predetermine if a tape is right for you and then purchase it. A tape won't do much good if it is used once and put back on the shelf to collect dust. By working with a variety of tapes, boredom will be prevented. Also multiple muscle groups will be worked with the use of a variety of workout tapes.

If seasonal activities are more your style, here are some activities that burn calories when each are done for one hour at a time. Calories burned based on a 150-pound person:

- Snow activities: Build a snowman: 238 kcals
- Walking through the snow: 340 kcals
- Snowball fight: 544 kcals
- Shoveling snow: 408 kcals
- Raking leaves: 240 kcals
- Splitting firewood: 408 kcals
- Chopping down a Christmas tree (this includes walking to find the tree, chopping it down, and carrying it home): 357 kcals
- Caroling: 129 kcals
- In the home and kitchen:
 - Rolling out cookie dough: 170 kcals
 - Mashing potatoes for 25 people: 170 kcals
 - Washing the dishes for those 25 people: 157 kcals
 - Vacuuming pine needles off the floor: 170 kcals
- Winter sports:
 - Cross-country skiing: 612 kcals
 - Snowshoeing: 544 kcals
 - Ice skating: 476 kcals
 - Sledding: 476 kcals
 - Holiday shopping: 157 kcals, with bags: 170 kcals
- Other holiday activities:
 - Wrapping gifts: 136 kcals
 - Opening gifts: 102 kcals
 - Writing holiday cards: 123 kcals
 - Kissing under the mistletoe: 122 kcals

I hope these suggestions help you to get active and stay healthy this holiday season. Get the whole family involved. Have a happy, healthy, and active winter season!

Thanksgiving Day Dinner Costs Less

CAMP HILL (Dauphin Co.) — This Thanksgiving Americans have even more to be thankful for since the cost of the traditional holiday meal decreased from last year, according to the Pennsylvania Farm Bureau.

The annual survey by the American Farm Bureau Federation (AFBF) of the price of basic items on the Thanksgiving Day dinner table found that the average cost of this year's feast for 10 is \$34.56, a 48-cent drop from last year's survey average of \$35.04. It marks only the second drop in average price since 1991.

"Pennsylvania's farm families take great pride in contributing to the safest, most abundant and affordable food supply in the world," said Pennsylvania Farm Bureau President Guy F. Donaldson.

The AFBF survey shopping list

includes turkey, stuffing, sweet potatoes, rolls with butter, peas, cranberries, a relish tray including carrots and celery, pumpkin pie with whipped cream and beverages of coffee and milk, all in quantities sufficient to serve a family of 10.

Although the survey reveals a decrease in price this year, AFBF economist Mark Jenner said Americans have enjoyed very stable food costs throughout the years.

"The average prices for the same Thanksgiving Day dinner for the last 17 years have increased about two percent per year, which is well below annual increases in the cost of living for the same period," said Jenner. "Based on this year's average meal cost, Americans can enjoy a traditional holiday meal for just \$3.50 per person."

The decrease in this year's av-

erage price marks the fifth decrease since the survey's inception in 1986. Prices of past surveys include: 1986 - \$28.74; 1987 - \$24.51; 1988 - \$26.61; 1989 - \$24.70; 1990 - \$28.85; 1991 - \$25.95; 1992 - \$26.39; 1993 - \$27.49; 1994 - \$28.40; 1995 - \$29.64; 1996 - \$31.66; 1997 - \$31.75; 1998 - \$33.09; 1999 - \$33.83; 2000 - \$32.37; 2001 - \$35.04.

The AFBF annual Thanksgiving Meal Cost Survey is unscientific, but is a gauge of actual price trends across the nation. A total of 135 volunteer shoppers from 30 states, including Pennsylvania, participated in this year's survey. Shoppers are asked to identify the best in-store price, excluding promotional coupons and special deals. Farm Bureau's survey menu has remained unchanged since 1986 to allow for consistent price comparisons.

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