

Emerald Edition

A Bimonthly Magazine from Your Friends at The BANK of Edwardsville

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Keeping Healthy During The Holidays

It's finally that time of year again, the parties, feasts and family gatherings. However, others worry about the weight they may gain. Everyone needs to be conscious about the food and drinks they consume. Due to the winter, many of people don't get out and get the exercise that they need. There are plenty of ways to eat healthy and get a bit of physical activity during the holiday months. During the holiday season, you should look at maintaining your current weight rather than losing weight. Doing so is more encouraging than disappointing. However, you can't only focus on the eating part of weight gain, it's important that seniors stay physically active too.



During the holiday season, it is easy to overeat and not notice until you try on your clothes later or step on a scale. To avoid overeating, make sure to eat before going to a party. You will have the feeling of being full therefore; you avoid eating the bad treats. The key to avoid weight gain is making sure you are eating the right foods such as fruits and vegetables. It is difficult because this is the time of year where everyone gives sweets.

There is never a better time to get into shape than now. Places in the community offer great programs and classes such as dance, water aerobics and walking. If you are interested in any of the programs, check out your local YMCA or community calendar. If you are a person that doesn't like to get out, there are plenty of ways to exercise at home too. Vacuuming the house is a great way to burn some calories. Workout tapes are also another great way to burn a few extra calories. Exercise also helps relieve stress, and gives you an energy boost.



All in all, remember the holiday season only comes once a year. Make sure to maintain a healthy diet all year. If you are up to it, it's better to have someone for moral support. In the end it will be rewarding.



We give thanks for unknown blessings already on their way.

~Author Unknown



Healthy Eating Tips

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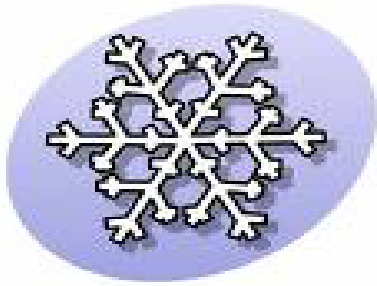
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Upcoming Events

- Nov 18- Coin Appraisal, Main Office Edwardsville
- Nov 28- Edwardsville, Christmas Tree Lighting
- Dec 7- Pancake Breakfast with Santa
- Dec 17- Bingo, Edwardsville Legion



BlackDog's Thanksgiving

Word Search Game



U I F B P U M P K I N A R W M
 R U O U A M G R T G B C V P Q
 R T O D S S O O H C M U L P E
 A S K B X K B L A I P A U I L
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 C X T R F Y Q F A M I L Y M N
 D S B Z E T A R B E L E C O E

Word List

- Thanksgiving
- Bounty
- Celebrate
- Cornucopia
- Cranberry
- Dinner
- Family
- Feast
- Gobble
- Gravy
- Harvest
- Pilgrim
- Pie
- Pumpkin
- Stuffing
- Turkey

Instructions:

Find the Thanksgiving words in the mixed-up letters.

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Emerald
*Plus*Club

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*Happy
 Holidays*

