



FOR YOUR HAPPINESS & HEALTH

Emailed new to cool people on the 1st of every January thru December
...then on repeat a few times during the month for good measure.

DECEMBER 2018

For individuals with disabilities and everyone in their sphere.
Human services rocks.



GET FREE STUFF!
This month's giveaways



(For the big ol' list of November's Bucket of Cookie Cutters winners from 12 different states, scroll down.)

Yup, you heard right. The effort you put into your health and happiness deserves a hallelujah. And PRESENTS.

Click [here](#) to email us by 12/27/18 to get entered into the raffle for a \$100 shopping spree at *your choice* of store: Amazon, Target, Subway, Starbucks, or Walmart. (Anyone reading this can participate; we're an equal opportunity prize giver.) Winners will be notified by 12/29/18. **In your email message, tell us your full name and which healthy dish will be your go-to this holiday season.** Get inspired by watching...



**Jeans
—start the
new year off in
flashy pants!**



Demonstrate your improving health over a 9-month period—as in, your **BMI** progress on a monthly basis to show steady movement toward, or holding steady at, a normal BMI (and don't try to fool us, because we're some smart cookies when it comes to this stuff)—and we'll help you buy your dream pair of cool-looking jeans.

(Anyone reading this can participate; we're an equal opportunity wardrobe enhancer.)

Get in touch to learn what you need to do to demonstrate your improving health and redefine the word "hip."

Click for the **official rules** regarding giveaways and awards, like a free ice cream maker & blue jeans.



CELEBRATE THIS MONTH!



December is full on about the holidays, winter, and the upcoming new year. There are many reasons to be **positive** as you rise and shine each and every December day. Remember: We feel and do better when we approach each day with the best possible attitude. While you're at it, embrace the calendar this month...



Month Of...

Human Rights, Food Service Safety, AIDS Awareness, and Bingo

Holidays/Celebrations/Observances...

Rosa Parks Day (1st), World AIDS Day (1st), Special Education Day (2nd), Human Rights Day (10th), Thank a Soldier Week (week before Christmas), and New Year's Eve (12/31)

And more...



Get Crafty

Winter and holiday **craft ideas** to warm the soul. Tell some **wintertime jokes** while you're all crafting away together. (Couldn't resist...here's one: What's a snowman's favorite drink? Iced tea!)



Hanukkah (12/2-12/10)

Hanukkah (pronounced: hon (rhymes with Ron)-uh-kuh), the "festival of lights," is celebrated for 8 days by people of Jewish faith in the spirit of dedication. We have a **Hanukkah craft** for you and also **more info** about this very special holiday.

International Day of Persons with Disabilities (12/3)

This day promotes the rights and well-being of persons with



disabilities and to increase awareness of persons with disabilities in every aspect of political, social, economic and cultural life.

[Learn more.](#)

Cookie Day (12/4)

So you're wondering how us healthy fiber nerds can suggest cookies! That's because eating better and improved health come about from moderation and not deprivation. Why not bake up some goodies and share in the spirit of the season?

[Click](#) to watch.



Human Rights Day (12/10)

Stand up for someone's rights today. We learned a lot [here](#).



Poinsettia Day (12/12)

Poinsettia (pronounced: poin-set-tea-uh) plants are universally associated with Christmas and the holidays. If you want to know more about these beauties, get [some facts](#).



Build a Snowman Day (12/19)

Why not play some of your favorite [holiday tunes](#) while you're rolling in the snow?



Winter Solstice (12/21)

The shortest day of the year. From here on out, the days are getting longer—which means we'll have more daylight. Woo. Hoo.



Christmas Eve & Christmas Day (12/24-12/25)

[Christmas](#) is enjoyed by people who follow the Christian faith.



The holiday celebrates the birth of Jesus and is a time of gift giving, Santa Claus, Christmas trees, and great merriment among friends and family. For more, click.



Kwanzaa (12/26-1/1)

Kwanzaa (pronounced: kwon-zuh) celebrates African Americans and their ancestors and culture. Learn more [here](#) and [here](#).



Make Cut-Out Snowflakes Day (12/27)

We're not foolin'. This is a real day on the celebrations calendar! We found you some [easy-to-follow instructions](#).



EAT BETTER!



The key driver behind better health for most everyone is food. We always say...

Meals Not Medication.



Tip #1

Check it out...

- [Holiday Eating](#)
- [Fiber During the Holidays](#)

Tip #2

And then there's...

Healthier Holiday Appetizers



Tip #3

Always room for...

Healthier, Easy, Cheap Desserts



Tip #4

What Santa Should Eat After Christmas



COOK!



Fiberize

Fiberize. Take favorite foods and very simply add healthy fiber. We've fiberized frozen pizza, hot dogs, ice cream, nachos, chili, and chicken soup from the can. Hand to heart. This month we're going to help you fiberize a party platter you can't wait to serve up as friends and family gather over the coming weeks.

Foods high in fiber include vegetables, fruits, beans, nuts, and whole wheat breads and pastas. Fiber fills you up so you're less likely to snack on empty calories. Plus, fiber has cancer and heart disease prevention benefits. No wonder we're Fiber Nerds.

Fiberize Your Party Platter

Here are some suggestions...



Start with a pretty plate.



Salsa or hummus in the center.



Roasted almonds or favorite nuts.



Favorite veggies. We used yellow, green and red peppers for festive, crunchy pizzazz.



Whole grain tortilla chips.



Dried fruit. We love Craisins and dried apricots. How about you? Add forks/spoons as needed to help people serve themselves.

Now doesn't this just say, "Ho, ho, ho?"



We've Got Your Back

You'll want to get these recipes for your holiday shindigs...

- [Ellen's Artichoke Hummus Dip](#)
- [Banana Cranberry Spice Muffins](#)
- [Almond Poppyseed Bread Loaf](#)
- [Skillet Vegetables With Couscous](#)
- [Zucchini Chips](#)
- [Crumble Bars](#)
- [Cowboy Caviar](#)

And for when you simply want to push ahead when it comes to cooking and preparing healthier meals on a daily basis, we've got your back—big time...

[Quick, cheap, tasty recipes perfect for the season](#)

[Our big ol' recipe box](#)

[Weekly menu plans with grocery lists](#)

[Our popular PhotoStep Recipes](#)

(step-by-step recipes with photos and text, ranging from the very basic to more complex)



BE SAFE & SMART

We really don't like when people talk about doing this and that in the kitchen and we have no idea what all the fancy chit chat is about. So we're gonna keep learning. And we'll share; let's get smart together.



No Double Dipping

Whaaaaattt? So here's an example of what's meant by no double dipping. Let's say there are chips and dip. You put a chip into the dip and eat half of the chip. The other half of your chip doesn't have any dip on it, so you put the half chip back into the dip. Makes yummy sense, right? Not so much.

Because you bit into the chip and only ate half of it, the germs from your mouth are on the other half of the chip now. So when you put the remaining half chip into the dip again, you are putting your germs into the



dip. And this can cause people to catch your cold or sore throat or who knows what.

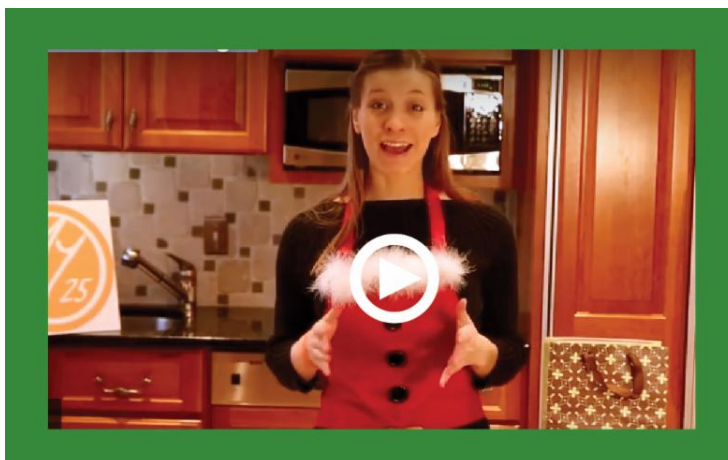
So no double dipping! Each chip just gets dipped once. Same goes for veggies and any other foods you might be dipping and sharing with others.

Chop An Onion Without Tears

[Read](#) and [watch](#) the video here. We like the bread-in-the-mouth idea—but suggest whole wheat, of course.



SOCIALIZE



Many of life's most memorable moments happen around the table with good food at mealtime. And this happens because we eat and enjoy the moment with others. So grab your housemates, friends, neighbors, & relatives and create some of your best memories ever this December.

Host a [cookie exchange](#) and [gift swap](#) this month.

Organize a healthier, holiday [potluck](#). A potluck is where all the guests bring a dish to share.

Chat about [Oprah's Favorite Things](#) (Hawaiian Honey has us dreaming of palm trees and the hula.).



PROSPER

Volunteering ...it's healthy to pitch in. You raise your own bar when you help others in need. Pinky swear. The local food bank or soup kitchen is calling your name this time of year. Learn where you can pitch

in, in your community by clicking [here](#).



Employment for people with disabilities is at the top of our agenda. Yours, too? Check out [Vocational Services Inc.](#) And as you're getting ready to take on the world, get all pumped as you view this video of 25 inspiring people with disabilities.



[Let us know](#) about your **individual experiences** volunteering and/or working. We want to hear. We want to share. By the way, we're known for sending thanks-for-sharing gifts. [Email us](#), people. **Organizations...share** your vocational services supports and we'll post the specifics in bold technicolor.



SING HAPPY BIRTHDAY



Cake, cake, cake . . . for **Randy Cooper** from MD (12/15), **Melissa Arnold** from Iowa (12/18), and **Kaelyn Vacava** from CA (12/19), all of whom are celebrating their special day this month. Wishing you great, big, fiber-filled happy birthday wishes. You deserve all wonderful things to come your way in the coming year, Randy, Melissa, and Kaelyn.

[Email us](#) your name, birthday (month and day), and the town and state you live in. We'll post it all right here, so everyone from coast to coast can shower you with good wishes all month long. You soooooo deserve it.



A big ol' bucket of cookie cutters is on its way to these eager bakers who entered the *My25 Flex* November Raffle by sharing their favorite high-fiber snack...

Stefania Matei (GA)

Linda Landis (KS)

Jim Balentine (MS)

Kathy Davis (MI)

Jasmine Gant (SC)

Oonagh Christie (NY)

Sharon Coleman (SC)

Darlene Baldwin (AZ)

Satnya Collins (SC)

Phyllis LaFlamme (OR)

Pauline Fields (OR)

Tim Jensrud (OR)

Kayla Ehrenfield (PA)

Melissa Egan (MA)

Heather Bartlett (AR)

Brenda Nelson (PA)

Camille Dibenedetto (VA)

Laura Lewis (KY)

Matthew Engler (PA)



FLEX



That's right...flex your healthy muscle and build this bandwagon. [Share](#) the sign up page for *My25 Flex* (this super-duper Newsletter, delivered each month). It's easier to get healthy when your friends and family are on the same page as far as eating better and embracing happiness. By the way, we think you're a super hero for spreading good health!



WE KNOW HEALTH & HAPPINESS

Did you know that eating the right foods in the right amounts is the number one reason behind good health for most anyone?



We believe in moderation—not deprivation—and The Dietary Guidelines for Americans. Pizza and French fries are fair game every once in awhile; which is why *My25* isn't a diet, but a forever habit. [Click](#) to get *My25*'s everyday basics for eating better. (Pssst...we also fill you in on how we came up with our name: "*My25*.")

Now bragging...we have a track record of success helping individuals with disabilities improve their eating habits and overall health within 6 to 18 months—and then stick with it. Hand to heart. We even help associated family members, caregivers, case managers, Qs, DSPs, and allied professionals improve their own health along the way; holy smokes, health insurance premiums down for this bunch.

The *My25* team is made up of experienced and respected nutrition, preventive health, culinary, human services industry, and technology professionals...we're all self-proclaimed Fiber Nerds—who love what we do and helping YOU get healthier and happier.

hello@my25.com [Privacy Policy](#) [Terms & Conditions](#) www.my25.com www.my25flex.com www.my25bullseye.com

Providers, MCOs, ACOs, State DHS, and State Provider Association Groups: We'd like to talk. [Get in touch](#).

Information that we provide—including any suggestions, tips and content (ours or that of third parties) shared through *My25*—should **never** take the place of advice provided by a health care professional and/or caregiver. Always check with your health care professional and caregiver before trying new activities, routines, recipes, foods, or eating habits.

Copyright 2018

Get our [official rules](#) regarding contests, giveaways, prizes and awards.

Our Terms & Conditions & Privacy Policy apply to all users of all forms of *My25* content.

My25 is powered by Mainstay, Inc.

Fiber Nerds Hard At Work

1603 Orrington Avenue, 5th Floor, Evanston IL 60201

Snail Mail Address

1001 Green Bay Road #195 Winnetka IL 60093

