



SWISS CHEESE

VS.

CHEDDAR CHEESE



FOOD COURT

Holes for the Holidays

Choose Your Cheese Wisely

The holiday party cheeseboard beckons most fromage fanatics, particularly when the wine is flowing freely. We could mention portion control here, but when the cheese is cut into tiny cubes it's easy to lose track, and let's face it: It's the holidays after all. So we'll try to keep it real. Sure the brie and all its creamy bounty seems like a good idea, but at 10 grams of fat per ounce, you may want to scan the table for something a little smarter. Maybe that Monterey Jack is just the thing to sate your cheese needs, but we doubt it at 110 calories and 9 grams of fat by the ounce. Not to worry, among more exotic varieties, you can count on most cheese displays featuring some kind of cheddar and Swiss. But one will save you more guilt points than the other.

The Verdict is In

For visual representation, imagine that one ounce of cheese is about the size of a domino. And one domino of Swiss cheese at 100 calories, 7 grams of fat and 5 grams of saturated fat is a far better game than cheddar cheese at 106 calories, 9 grams of fat and 6 grams of saturated fat. How many dominoes you consume, well, that's up to you and your host. We try to stay out of that one.—VS

FITNESS

Step Up Your Workouts with BOSU

The BOSU Balance Trainer may be just what you need to increase the intensity of your workouts. The BOSU features a stable base and a top that looks like the top half of an exercise ball. Traditional exercises, such as bicep curls and tricep kick backs, can be performed while standing or sitting on the top half of the BOSU. The BOSU can also be used as an unsteady weight bench when flipped upside down for push-ups, tricep dips or other exercises traditionally performed on a flat surface.

The wobbly surface and base of the BOSU forces your core muscles to activate, movements which will help you achieve an effective abdominal workout. Working more than one muscle group will also intensify your training session, which will increase the amount of calories you burn. From a functional perspective, the BOSU can help improve balance and prepare you for winter sports that require coordination such as ice skating, skiing, snowboarding and even basketball. Better balance may also save you from slipping on the ice this winter.—CH

Christine H. Haas is a certified NASM personal trainer and a licensed nutritionist. Christine can be reached at christine@nuweights.com, or visit her website at www.nuweights.com.

BOSU
BALANCE TRAINER

