



## How To Do Shopping Without Dropping

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All of you who are out beating the streets for holiday bargains this weekend have my attention.

I've never been one to do a Thanksgiving shopping binge, but I do get a kick out of hearing the stories of others who accomplish this. All of you are much further ahead in your gift shopping than I will be!

That said, I got a message recently from a publicist for Franci Cohen, a certified fitness trainer in New York City. Cohen offers several tips to think about while shopping, and I thought they might be helpful to readers who actually do this.

**DO:** Stay hydrated before, during and even after your busy day, to avoid dehydration headaches and lethargy that accompany dehydration.

**DON'T:** dive into the caffeine pool. Soft drinks and coffee easily dehydrate the body due to their high caffeine content, and can definitely damper your shopping stamina.

**DO:** start your day with fresh fruit, low-fat milk, and fortified whole grain cereal that is jam-packed with vitamin c and B-12, that boosts both immunity and energy.

**DO:** pay attention to your thanksgiving feast the night before. Skip the stuffing and pile on the veggies. Sautéed green beans are a great option! Be wary of tryptophan-filled turkey! A little is alright but overdue it, and you'll sleep straight through your upcoming shopping day!

**DON'T:** Overeat, and don't Over-eat the wrong foods either. Stuffing yourself silly will definitely slow you down, as your body digests that heavy meal, but making the wrong choices will only add fuel to the fire. Sweet potatoes with butter, sugar, pecans and roasted marshmallows? No way! Instead opt for baked sweet potatoes with cinnamon and honey. The right choices and the right portions will help you succeed in both the "battle of the holiday bulge" and the "battle of the shoppers"!

**DO:** Pack some raw nuts, fresh apples, and some raw red peppers with you for your busy day. The protein in the nuts, fiber and vitamins in the apples, and the vitamin c in the peppers, will help sustain you throughout your day, while keeping your blood sugar levels and your mood stable.

**DON'T:** Pack candy, chocolate, chips, or cookies. Even low-cal or fat-free versions are a poor snack choice. These snacks will offer "quick fixes only", and will send your sugar levels on a downward spiral, leaving you wiped out before you even begin shopping!

**DO:** eat frequently throughout the day. Small frequent meals and snacks will give you the sustained energy you need.  
**DON'T:** get so involved with shopping, that you forget to eat and drink. A car can't run without gas, and you can't run through the shopping aisles without water and food. So be mindful of your eating!