

# HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

## Give Thanks

Whether you have little or much, master the life-changing art of gratitude this season!

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The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.  
H.U. Westermayer

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So once in every year we throng  
Upon a day apart, To praise the Lord with  
feast and song In thankfulness of heart.  
Arthur Guiterman, *The First Thanksgiving*

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Remember God's bounty in the year. String  
the pearls of His favor. Hide the dark parts,  
except so far as they are breaking out in  
light! Give this one day to thanks, to joy, to  
gratitude!  
Henry Ward Beecher

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Thanksgiving, after all, is a word of action.  
W.J. Cameron

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He who thanks but with the lips  
Thanks but in part; The full, the true  
Thanksgiving comes from the heart.  
J.A. Shedd

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Thanksgiving dinners take eighteen hours to  
prepare. They are consumed in twelve min-  
utes. Half-times take twelve minutes.  
This is not coincidence.  
Erma Bombeck

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Forever on Thanksgiving Day  
The heart will find the pathway home.  
Wilbur D. Nesbit

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As you embrace your new life,  
it is important to remember  
that not only are there a  
multitude of new habits to learn  
(taking small bites, eating slowly,  
etc), but there needs to be a new  
way of looking at food. There is no  
time when this is more apparent than  
during the holidays. How often has  
the focus been on the pumpkin pie,  
the turkey/mashed potatoes/gravy/

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Thanksgiving is the holiday of peace, the cel-  
ebration of work and the simple life... a true  
folk-festival that speaks the poetry of the turn  
of the seasons, the beauty of seedtime and  
harvest, the ripe product of the year - and  
the deep, deep connection of all these things  
with God.  
Ray Stannard Baker (David Grayson)

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Heap high the board with plenteous cheer  
and gather to the feast, And toast the sturdy  
Pilgrim band whose courage never ceased.  
Alice W. Brotherton

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On Thanksgiving Day we acknowledge our  
dependence.  
William Jennings Bryan

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But whether we have less or more,  
Always thank we God therefore.  
Author Unknown

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Not what we say about our blessings, but  
how we use them, is the true  
measure of our thanksgiving.  
W.T. Purkiser

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Nothing purchased can come close to the  
renewed sense of gratitude for having family  
and friends.  
Courtland Milloy

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If you want to turn your life around, try thank-  
fulness. It will change your life mightily.  
Gerald Good

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and the homemade banana  
nut bread? As you gather with your  
family and friends this year, how  
can you shift that focus? How can  
you connect with others and find a  
deeper meaning? No doubt, enjoy  
small portions of the best foods, but  
look for more. Here are some quotes  
to get you thinking and to make you  
laugh. *May each of you have a very  
blessed holiday.*

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You say, 'If I had a little more, I should be  
very satisfied.' You make a mistake. If you  
are not content with what you have, you  
would not be satisfied if it were doubled.  
Charles Haddon Spurgeon

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"It is therefore recommended . . . for solemn  
thanksgiving and praise, that with one heart  
and one voice the good people may express  
the grateful feelings of their hearts and con-  
secrate themselves to the service of their  
divine benefactor . . . .

November 1, 1777 (adopted by the 13  
states as the first official Thanksgiving  
Proclamation) – Samuel Adams

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We have been the recipients of the choicest  
bounties of Heaven; we have been preserved  
these many years in peace and prosperity;  
we have grown in numbers, wealth, and  
power as no other nation has ever grown.  
Abraham Lincoln

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As we express our gratitude, we must never  
forget that the highest appreciation is not to  
utter words, but to live by them.  
John Fitzgerald Kennedy

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It's like being at the kids' table at  
Thanksgiving — you can put your elbows on  
it, you don't have to talk politics... no matter  
how old I get, there's always a part of me  
that's sitting there.  
John Hughes

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