



## FIT Monthly, Nov. 09

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### FIT Announcements

Book Drive  
Maintain Don't Gain  
Holiday Wish Drive  
Holiday new-Toy Drive

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### On Counting Calories

Counting calories for long-term or permanent weight loss has not been shown to work for most people. Here's a different perspective on the topic.

[Click here to read more](#)

### Are You a Couch Potato? Thank Mom

Could the propensity for inactivity and overeating have a prenatal origin? In other words, could it be inherited and directly related to mom's diet?

[Click to read more](#)

### Getting Down

If you're exercising at FIT, then you're not likely to suffer motor amnesia of the most basic activity: Getting down.

[Click to get down](#)

### The Dos and Don'ts of Exercising When You're Sick

Feeling under the weather? Wondering if you should exercise? If so, how much, how hard? Or should you just stay in bed?

[Click to find out](#)

### FIT Recipe

Pomegranate-Glazed Stuffed Roast Turkey

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