



TFW
•TRAINING FOR WARRIORS•

Have a Warrior Thanksgiving!

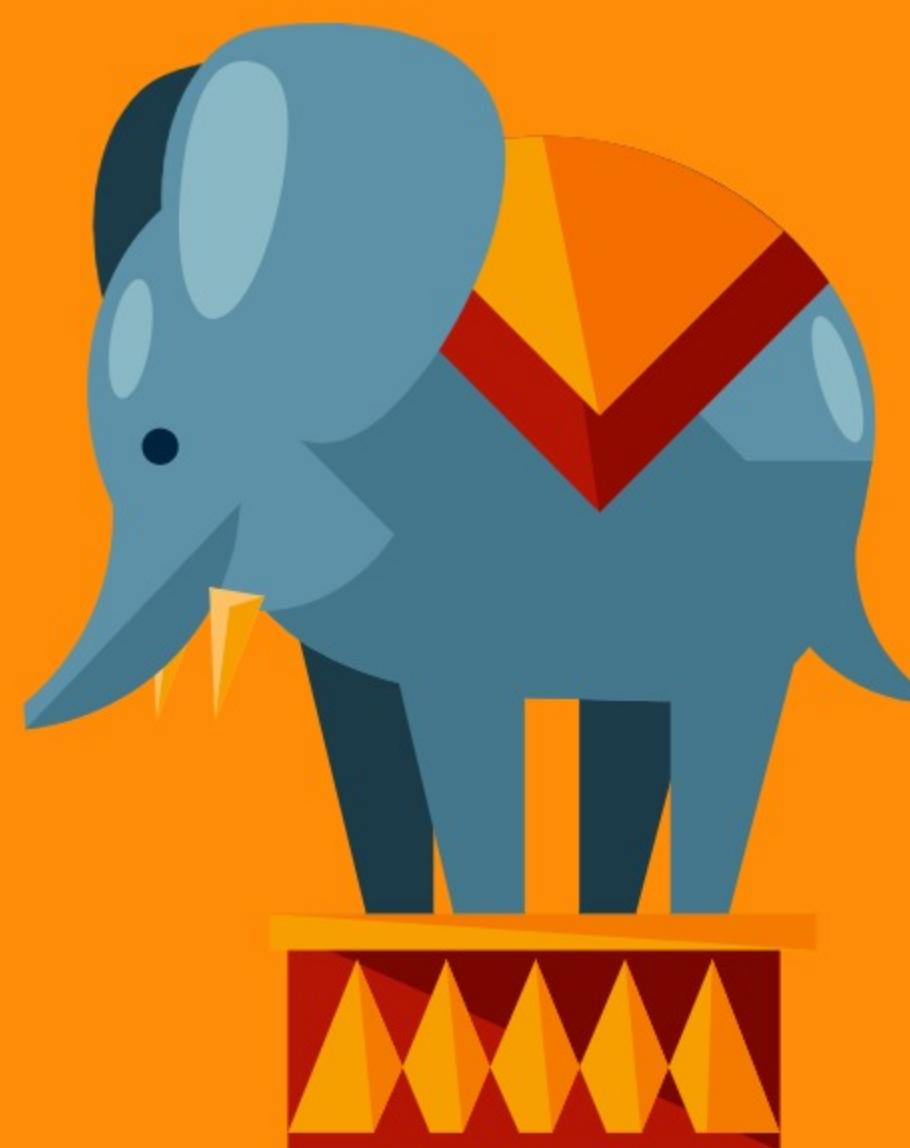
First Thanksgiving celebrated in 1621



Abraham Lincoln declared Thanksgiving a national holiday in 1863

The Macy's Thanksgiving Day parade began in 1924.

The parade was accompanied not with the oversized balloons of our favorite cartoon characters, but with live camels and elephants borrowed from the Central Park Zoo.



- 98% of Americans gather for Thanksgiving
- 28% will host 12 or more
- Average meal cook time - 7 hours
- Average meal cost - \$50.11

Double the amount of turkey is eaten on Thanksgiving compared to Christmas and Easter.

About 46 million turkeys are eaten on Thanksgiving. 22 million are eaten on Christmas and 19 million on Easter.



Little known fact: 79% of Americans like leftovers better!



Warning! The typical Thanksgiving meal -- snacks and drinks included -- racks up 4,500 calories



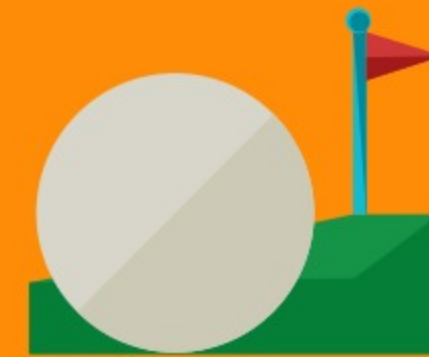
Manage Your Meal Like a Warrior:



You can control your portions and still enjoy your Thanksgiving feast. Use these size comparisons:



- Vegetables -- 1 round handful
- Turkey -- 1 deck of cards
- Gravy -- 1 golf ball
- Potatoes -- 1/2 tennis ball
- Stuffing -- 1 ice cream scoop
- Cornbread -- 1 bar of soap
- Butter -- 1 die
- Pie -- 1 light bulb



Tips to enjoying your Warrior Thanksgiving:

Slow Down -- savor the flavors rather than attack the meal

Breathe -- a few deep breaths will help you relax and curb your hunger

Drink -- lots of water!

Be Thankful -- Look at all the people you are with and give thanks for each one.