

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY



Healthful Holidays

Just because it is the holiday season doesn't mean you should give yourself the license to eat everything that passes by and give up your fitness plan. **With some positive strategies in place you will be able keep your healthful habits throughout the holiday season.**

- **Watch the calories:** Make use of the wide variety of reduced-fat dairy products available, such as nonfat sour cream, whipped cream and whipped cream cheese for your holiday cooking. Use the 1–10 rating system during holiday meals. Rate each food that is passed on a 1–10 scale, with 1—not appealing, and 10—WOW, my favorite! Eat only 9's and 10's. Pass up the rest!
- **Fluids:** Stay hydrated. Dehydration can cause you to feel hungry so try to drink at least 6–8 cups of water a day.
- **Meal Times:** Don't skip meals; the resulting hunger and low blood sugar can lead to overeating. Don't pass up favorite foods or deprive yourself completely. Choose a small portion of high calorie foods or a sugar free substitute for your favorite holiday sweet.
- **Set Up Your Environment for Success:** Don't tempt yourself by keeping trigger foods or comfort foods around the house—increasing the likelihood that you

will make poor choices or overeat. Have a small snack before you go to a party or holiday dinner. In situations that have been difficult previously, make a plan of action ahead of time—think about what you will eat, how much you will eat, and what you will do if tempted to make poor food choices.

- **Emotional Health:** If you find yourself feeling blue, soothe your spirit with a massage, manicure, pedicure, or facial—not food. Enjoy the season, not only the food! Take a meditative moment at least once a day (once an hour works even better) to breathe deeply, and clear your mind of all the clutter. Enjoy friends and family. Share laughter, cheer. Celebrate and give thanks. Remember what the season is all about.
- **Shopping:** When you shop, eat before you leave home so you won't resort to cookie breaks. Take easy to carry snacks with you such as protein bars, turkey jerky, soy nuts or HandiSnacks® cheese and cracker packs. Many restaurants offer low milk if you get in a pinch.

- **Exercise:** Try to exercise or get some physical activity daily. Besides increasing metabolic rate, exercise can reduce depression and anxiety, which are more commonly experienced during the holiday season. Center entertainment around activities like carol singing, ice skating, roller-skating, swimming, sledding, cutting down your own Christmas tree, making snowmen, having a snowball fight, cross country skiing, bowling, whirly ball or other activities that keep you moving and aren't centered around food. Busy schedules can bump you off your routine, but try to keep as close to your typical schedule as possible.

