



Tips for a Healthy Holiday Season

From Thanksgiving to New Year's, the holiday season seems to center around food. But you do not have to avoid holiday celebrations to avoid increasing your waist size. There are many ways to celebrate while still focusing on your health.

Healthy Holiday Eating:

- ☞ Focus on weight maintenance, not weight loss. The holidays are not the time to go on a diet. Focus on preventing weight gain instead. This will help you to enjoy the foods you love without feelings of guilt.
- ☞ Remember your portion sizes. Moderation is key to preventing weight gain over the holidays. You will not feel deprived if you allow yourself a small piece versus none.
- ☞ Don't skip meals. Not eating will cause you to over eat at the next meal.
- ☞ Know what you want to eat. Check out the spread before you dig in.
- ☞ Remember to stop. Food is a social thing at parties. It can easy to continue to eat past the point of being full.
- ☞ Limit tempting favorites to one or two choices.
- ☞ Watch your liquid calories. One of the biggest calorie holders is alcohol. Go for the calorie free drinks.



Going to a Party?

- ☞ Offer to bring a healthy dish to share.
- ☞ Have a nutritious snack before the party. Use a small plate rather than a large one.
- ☞ Don't stand next to the food table.
- ☞ Enjoy small portions of EVERYTHING...only have seconds of fruits and veggies.
- ☞ Wait at least 20 minutes before returning to the buffet line for more food.

Keep Moving:

- ☞ Make family time active.
- ☞ Try something new
- ☞ Be physically active to relieve holiday stress.
- ☞ Go for a brisk walk before heading out to a holiday party.
- ☞ Make a New Year's resolution with friends to start a walking group.



Have a Happy and

Healthy Holiday !!