



7 Holiday Health Tips

- **Move every day!** Our busy holiday schedules can bump us off of our regular exercise routines. Physical activity can help relieve stress, regulate appetite, and burn up extra calories. Participate in local Turkey Trots, Jingle Bell Runs, or try winter sport activities such as hiking, snow shoeing, skiing, etc.
- **Enjoy a pre-party snack.** Arriving hungry to a party makes us more likely to overeat. Plan and prepare to combat this by eating before a party.
- **Set the one plate rule.** At parties and holiday dinners we tend to eat beyond our body's physical hunger simply because food is there and eating is a "social thing." To avoid recreational eating, consciously make one plate of the foods you really want. Eat it slowly – enjoying and savoring every tasty bite.
- **Give yourself options.** If you're staying where there is no gym, bring an exercise band or DVD so you can get your physical activity in. If you're invited to a holiday function, bring a contribution of low-calorie foods, such as fruits and vegetable trays so there are healthy options available.
- **Modify your recipes.** Holiday cooks can reduce the sugar and fat content of food in most holiday recipes without a noticeable difference in taste. Aim to use half the amounts of high-calorie baking products such as butter, shortening, and sugar or use a low-calorie substitute. Cooking with skim milk can save up to 70 calories when compared to whole or 2% milk!
- **Be brainy about beverages.** Alcohol is high in calories and some mixed drinks contain up to 450 calories per glass. By contrast, water and diet sodas are calorie-free. Watch out for hidden calories in soda, fruit punch, and eggnog.
- **Enjoy friends and family.** Although food can be a big part of the season, it doesn't have to be the focus. Holidays are a time to reunite with good friends and family, to share laughter and cheer, to celebrate, and to give thanks.