

NAVIGATE THE HOLIDAYS WITH HEALTH IN MIND

Enjoy the holiday season without derailing your healthy habits by trying these tips.

Slow to Savor



Enjoy and savor the flavors of the season by eating slowly, using small plates, and waiting at least 10 minutes before reaching for seconds.



Snack on Exercise



Try splitting your activity into “exercise snacks” to indulge in frequently throughout the day. Stair climbing, jumping jacks, pushups, chair squats, lunges done in 1-2 minute intervals are great ways to get your body moving and heart pumping.

Sip Water

To stay hydrated and curb your appetite, sip water before and after meals as well as in-between any alcoholic drinks.



Limit Liquid Calories

Holiday flavored lattes, eggnog, alcoholic drinks and soda, while delicious, can easily add up in calories fast! Sip slowly, drink less, or choose a non-sugar sweetened alternative beverage.

Switch It Up



Keep your favorite dishes on the menu but try these healthy food swaps:



- Use unsweetened applesauce instead of oil when baking
- Reduce the amount of sugar in the recipe by 1/3
- Choose low-fat milk, cheese or Greek Yogurt over full-fat
- Try fresh or dried herbs instead of salt or salt based seasoning
- Swap white pasta or rice for whole wheat pasta or brown rice

Regroup



The hustle and bustle of the holidays can leave you physically and mentally drained. Take time each day for yourself - whether that's reading a book, taking a walk, watching your favorite show, or sitting in silence.

Prioritize Sleep

Holiday parties often mean staying out later. Less sleep can impact your ability to manage stress and often leads to selecting higher fat food choices. Aim to get 7-8 hour of sleep per day.

Be Selective

Sometimes, it's not best to “fit it all in”. Take a look at your calendar of events and pick which ones you'll attend and ones you'll skip. Prioritize gatherings with people that bring you joy.



Happy
holidays