



# Your Health and Wellness

## Healthy Holidays

December 2014

### Be Merry and Stay Healthy

#### Never let holiday plans interfere with your health plans

With tons of commitments and numerous social gatherings that often involve food, staying healthy during the holidays can often be a challenge. Try some of these simple tips to stay on track this holiday season.

### Rest, Relax, and Exercise

#### Follow these tips for healthier holidays

Walking, running, or stair-climbing are exercises that are easy to do almost anywhere.

Check your local sporting goods store for rubber resistance bands. These are great for strength training on the go.

You may need to adjust your expectations for exercise during the holidays. Try to stay flexible and know you might miss some workouts. Sneak in exercise whenever you can, and get back to your regular routine when you return home.

### Healthy Eating Tips

Watch your portion sizes. Do not cover your plate completely with food.

Drop out of the “clean plate club.” Leave a few bites behind every time you eat.

Enjoy your favorite holiday treats, but take a small portion, eat slowly, and savor the taste and texture of the wonderful foods of the season.

Survey the entire table before you take any food. Decide what foods are worth eating, which you can ignore, and then stick to that decision.

Eat a snack before you leave home.

Sip a large glass of water between every alcoholic drink.

When you are hosting, make sure the menu includes healthy, low-calorie options. When you are a guest, bring a healthy dish to share.



#### Did you know?

The average person gains 1 lb during the weeks between Thanksgiving and Christmas.

One cup of eggnog made with whole milk contains 343 calories.



#### Friendly Reminder

Keep in mind that even a single drink can affect your reflexes for hours. If you plan to drink, keep your holidays merry for everyone by designating a driver who will be sober.

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