



# CHALLENGE



Each week, you will receive an email containing tips on healthy eating, stress reduction, activity, and healthy recipes. Here are a few to get you started.

## Helpful Tips to Survive the Holidays

### Remember that the holidays are truly only three days.

- Over-indulging on just Thanksgiving, Christmas, and New Year's will not cause the dreaded weight gain.
- It's the six weeks of not enough exercise and constant added calories that cause the weight gain so many experience in the New Year.

### Planning is key.

- Set goals, expectations, and limits for the holiday season. This helps reduce stress.
- Plan your menus.
  - Grocery shop and prepare vegetables, fruits, meat, and grains so healthy ingredients are quickly available for meals.
  - Keep lower calorie snacks on hand, like fruits, vegetables, nuts, and flavored water.
- Schedule exercise time. Make it a priority and stick with it.
- Stay well-hydrated and try to not get over-hungry. This can lead to overconsumption.

### Eat nutritious meals.

- Start your day with a high fiber and protein rich breakfast.
- Follow this with a well-balanced lunch.
  - Use a variety of whole foods to limit the sodium, fat, and sugar content.

### Practice portion control.

- Use the smallest plate available at parties, and fill half the plate with fruits and vegetables.
- Focus on nutrient-dense foods like lean proteins, whole grains, low-fat dairy and healthy fats.

### Be mindful.

- Focus on the taste of foods, the conversations around you, and your enjoyment of the event.
- Sense when you are full and move away from dessert and buffet tables at parties.

### Enlist a buddy.

- Take a daily walk with a friend, take the stairs, or share an appetizer.
- Hold each other accountable. Support is very helpful for success.

### Bake and share.

- If you bake for gifts, prepare your treats and then fill and seal the containers. This limits the availability of treats at home.
- Consider giving healthier food gifts like soup mixes, flavored vinegars, or herb blends.

### Share a healthy dish at celebrations.

- Modify a recipe to be lower in sugar, fat, or salt.
- Fruit kabobs are festive.
- Hummus and vegetables are quite colorful.

### Try lower calorie beverages.

- Enjoy club soda with a twist of lemon or lime, or flavor water with strawberries.
- Alternate beverages with club soda or water.
- Think of eggnog as a dessert.

### Enjoy celebrating the holidays with family and friends.

- Enjoy traditional foods and recipes, but with smaller portions.
- Savor the flavors and be "in the moment" of feeling blessed.
- Share the gift of time with family and friends. Enjoy an outdoor activity together.



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