

Healthy Holiday Hints



'Tis the Eating Season

The holiday season is a tough time to prevent over-indulging. It's also easy to put exercise on the bottom of the priority list during this busy time of year. Here are some simple tips from weight management experts to keep in mind during the holidays:

- * Set reasonable goals. Maintaining your present weight may be a more realistic objective than losing weight during this festive season. Save dieting for after the new year.
- * Make the effort to continue a regular exercise program. Exercise will help to keep the extra calories away, but it can also help reduce the stress of social events and family get-togethers. Going for a brisk walk or building a snowman with your family burns more calories than watching television.
- * Remember that alcohol is packed with calories. Choose light beer and wine over mixed drinks. Limit the number of heavy drinks like eggnog and sugary sodas. Try sparkling water instead. One or two glasses of water before you eat can also help to curb your appetite.
- * Offer to bring a low-calorie dish to holiday parties so that you know that there will be one healthy option. Don't go to a party or holiday event on an empty stomach. Snack on low-calorie items like vegetables before you leave the house.
- * Make a single trip to the buffet. Assess the buffet options before you begin filling your plate so that you do not load up on fillers the first trip, forcing a second trip for your favorite items.
- * Watch your portion sizes. Cut down the serving size of high fat or sugary foods. Consider sharing dessert with a friend.
- * Move your conversations away from the food. Standing over the buffet table may make additional snacking much more tempting.

Beating Holiday Stress

Make a budget and stick to it

Financial worries add more stress. Don't try to keep up with everyone else. Spend what you can afford. Seek out free activities.

Pace yourself

The holidays are more than one day; spread enjoyable activities throughout the entire season.

Organize your time

Make a list and star the important activities. Be realistic about what you can and cannot do.

Spend time with supportive and caring people

Don't waste your energy on "toxic" people or distant acquaintances.

Save time for yourself

Recharge your batteries. Let others share some of the responsibilities.



ONLINE RESOURCES

www.webmd.com
www.prevention.com
www.cdc.gov