



Take Time for Healthy

'Tis the season for lists:

- * To do lists
- * Shopping lists
- * Gift lists
- * Wish lists
- * Guest lists

Don't forget to include:

- ▣ Regular nourishing meals
- ▣ Physical activity
- ▣ Enough rest



Strategies for a healthy, happy holiday season:

Be realistic - Holidays are not the time to try to lose weight or follow a strict diet. Don't set yourself up for disappointment and unnecessary stress.

Be flexible - If you can't do your regular physical activity routine, have an alternative plan, such as a brisk walk around town or through the mall before shopping.

Be adventurous - Try some new, healthful holiday recipes, lower in fat and sugar than usual.

Be active - A few extra seasonal calories won't matter much—if you stay active. Physical activity is also a positive way to burn off those extra holiday stresses.

Be sensible - Enjoy all your favorite holiday foods—in moderation. Use smaller plates, bowls, and glasses—so that smaller servings will satisfy your eyes and your stomach.



Remember:

Good health is what allows us to enjoy everything else that life has to offer...
so celebrate staying healthy along with all the joys of the holidays!



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