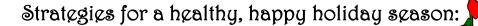
Take Time for Healthy

'Tis the season for lists:

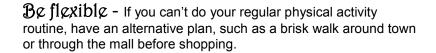
- * To do lists
- Shopping lists
- * Gift lists
- * Wish lists
- * Guest lists

Pon't forget to include:

- Regular nourishing meals
- Physical activity
- Enough rest



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

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



Bc scnsible - 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!

