

10 TIPS TO STAY HEALTHY *Over the* HOLIDAYS

Staying on track with healthy habits over the holidays can be hard. These 10 tips can help you stay fit and well through it all.

- 1 Opt for lighter, healthier options for breakfast and other meals that aren't part of festivities.** This will help to balance your eating throughout the day.
- 2 Consider eating a light, healthy snack prior to large meals.** Having a cup of fruit or vegetables beforehand can help you refrain from overeating later.
- 3 During meals, aim to fill your plate with mostly fruits and vegetables.** This will add important nutrients to your meal while also helping you feel full.
- 4 Don't overeat.** While it can be tempting with so many different options on the table, overeating will decrease your energy levels and disrupt your digestive system.
- 5 Embrace opportunities for exercise.** Are there family members or friends you can invite to go on a walk? Can you join in on the kids' game of tag or play along on Wii Fit? Any movement you can incorporate into the holidays will help, and you can even encourage others to get involved.
- 6 Go outside.** If weather permits, taking some time to get fresh air can help clear your head and keep you feeling strong. The outdoors can also help inspire creativity and allow family and friends to get some much-needed movement in.
- 7 Designate a quiet space for yourself to collect your thoughts.** The holidays can be stressful, and while social interaction is generally a good thing. Have a plan in case you do find yourself needing to step away.
- 8 Get creative.** Finding fun arts and crafts to try can allow you to relieve stress while also allowing you to create something fun and new.
- 9 Keep a nightly journal to release any stressful thoughts.** During the holidays, it can be hard to find time to process your stress, and a journal provides a safe, private opportunity to do so.
- 10 Get plenty of sleep.** Planning ahead to ensure you have time to get good, restful sleep can improve your mood and how you feel during festivities.



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