

HOLIDAY HEALTH

How to stay healthy through the most wonderful
– and tasty time of year!



CHOOSE TO BE A HEALTH CONSCIOUS HOST.

When you're throwing that Christmas party, be sure to surround your space with delicious and healthy options.

Such as: artistically arranged fruit and vegetable trays; lean protein dishes; lightened-up desserts - and many more eye pleasing (as well as gut pleasing) dishes!



CHOOSE TO SAVOR.

Start with a small plate, and eat your food slowly, savoring every bite.

It takes your body a full twenty minutes of eating before it registers that you're full.

Often when we 'inhale' our food, we have to eat more because we don't feel full - even if we are full!

**THOSE WHO
THINK THEY HAVE
NO TIME FOR
HEALTHY EATING
WILL SOONER OR
LATER HAVE TO
FIND TIME
FOR ILLNESS.**

PLEASE REMEMBER, THAT IT IS ALRIGHT TO HAVE SOMETHING SWEET EVERY NOW AND THEN, OR ONCE A WEEK. BUT ALSO REMEMBER THAT BEING HEALTH CONSCIOUS IS ITS OWN REWARD IN THE LONG RUN!

TAKING THE FOCUS OFF OF FOOD.

Try to shift your ideas of fun being centered around food to being more community/family/friends centered.

Draw everyone into spending time together by getting creative with activities that don't involve food.

Like breaking out some fun family games; or going through the old family albums together and reminiscing over the shared memories; planning fun family outings – like Christmas caroling, skiing or sled riding!

There are so many things other than food that are enjoyable and fun!





MERRY CHRISTMAS!!
AND WE HOPE YOU HAVE A VERY HAPPY
(AND HEALTHY) NEW YEAR!