

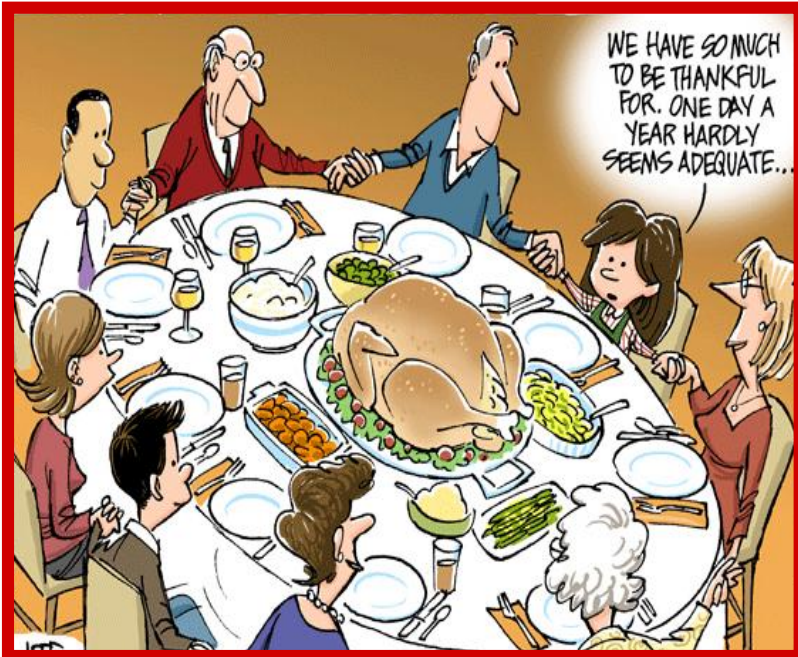


EAT SMART "Only the Turkey Should be Stuffed!"

By Rebecca Morley

Take the Holiday Challenge-Maintain, Don't Gain!

Did you know that the average holiday weight gain is 7 pounds? The trouble is most of never take it off once it's there! **Be** of good cheer, holiday weight gain is nothing to fear! That is IF you follow these hints over the holidays:



Cartoon by IRRR

Great link to access for Holiday Health: www.eatsmartmovemorenc.com

• **Fill Your Plate with Healthy Choices First:** Then add a small taste of the higher caloric fare. Portion size is our ultimate weapon. Rather than overeating, see the holidays as the time for variety.

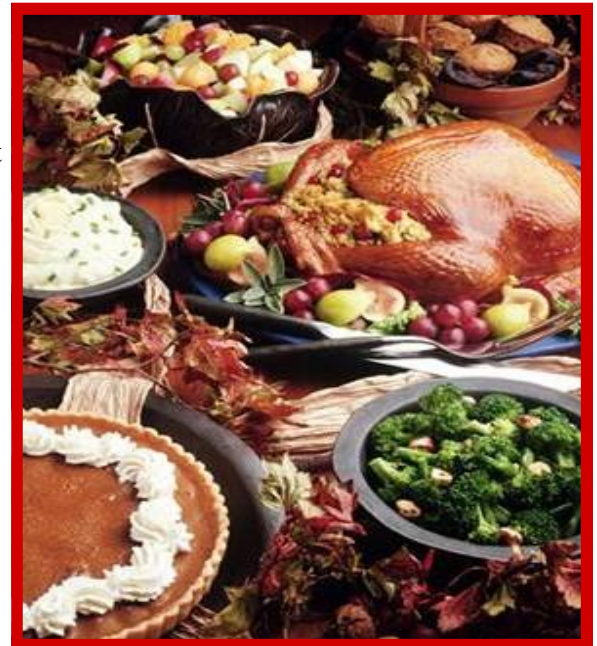
• **Focus on Friends and Family:** Try to bring lighter versions of favorite family holiday dishes. Light eggnog can be delicious, as well as fruit salads, fresh vegetables, one crust pies, and whole grain rolls. Health is a precious gift, but spending time with our loved ones can't be surpassed! Being judgmental about food and refusing to partake can contribute stress to the holiday gatherings.

• **Eat regular meals during the holiday season** to maintain energy and avoid hunger. It is not healthy to eat an entire days worth of calories at a feast.

• **Stay Hydrated!** Drink plenty of water. Avoid over doing high calorie sodas and alcohol.

Think of activities and outdoor fun to balance the extra holiday of calories:

- Plan nearby sledding parties
- Ice skating can be so much fun during the holidays!
- Bundle up for brisk after dinner walks and enjoy the festive lights
- Shopping trips with friends and families can be great! Walk the entire length of the mall several times as you explore choices. Count your steps on the pedometer you got last year!
- Pack healthy snacks and cold weather picnics to enjoy together.
- Invite someone special to join you in a holiday work-out. Chances are, they are battling holiday calories, too!
- Try snow-shooping or cross-country skiing. If there's snow on the ground, there is usually a place to rent equipment.
- Winter hiking and biking (as conditions allow) can be a blast!
- If we're lucky enough to have snow, build a snowman!
- How about a trip to the hot-springs or a local indoor pool? Activities that are outside the normal for the season can be exciting and memorable.
- Put on some favorite festive tunes to jive and vive while cleaning and decorating for the holidays



Happy Holidays! Take time to reflect on the good things in your life & relax between those busy holiday activities. Go out of your way to spread love, joy, & peace!