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# **Helpful Holiday Health**



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## Helpful Holiday Health Hints

We all struggle to make healthy decisions over the Holidays, here are some tips to help you stay healthy and happy through the holidays and into the new year!

- **Moderation! Moderation!**  
**Moderation!** Don't tell yourself you cannot have some pie, instead allow yourself to have a couple of bites. All you need is a couple of bites, not a whole piece, to overcome that craving. Everything is ok in moderation.
- **Go to those food filled Holiday parties on a full stomach!**  
This will help you reduce the need to fill yourself up on those fattening holiday eats.
- **Instead of focusing on the food, focus on the friends and family** you get to surround yourself with throughout this jolly season. Instead of looking at a party as just another food filled event, look at it as another time to celebrate your friendships and rela-

- **Eat Slowly.** Allow yourself to feel full. Those who eat fast do not allow their brain to realize they have had enough until it is too late.
- **Drink lots of water!** Water also helps you to feel full!
- I know you will be very busy shopping, cooking, decorating and cleaning, but you still need to **make time for that needed bout of exercise.** Remember it truly is the little things that can help you in those tough times when taking an hour out of the days seems unfeasible. Take the stairs instead of the escalator. Park far away and walk to the shops (of course this time of year you will have to park far away from the malls!).
- *Use the next page to make a wish list for Santa this year that focuses on gifts that are health oriented. This will not only help the gift givers in their shopping escapades, but this will also help you! A couple of suggestions....*
  - Gym membership, Bosu Ball, Exercise and Fitness DVD's, Health/wellness/fitness books, workout clothes (they always help to motivate you to get to the gym!),

## My healthy Christmas Wish List

The following are items I would love to receive from Santa this year to help me towards my wellness goals in the new Year!

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