Festive Five Holiday Guide Email Blurbs

Week 1: Affordable and Healthy Holiday Gifts

Welcome to the first week of the festive five holiday guide! You will be receiving an email a week for the next five weeks to guide you during the holiday season. This week is on affordable and healthy holiday gifts. Instead of getting stressed about holiday shopping, consider these thoughtful, yet inexpensive gift options to let someone know you care for their wellbeing.

Week 2: Cultural Recipes over the Holidays

Ever wondered what your co-workers might eat during the holiday season who are of a different ethnic background? What do people eat during Hannukah, Kwanzaa or even Rozhdestvo (Russian Christmas)? This week includes three recipes from these three celebrations. This might be a great chance to bring your family or friends together and try something new while learning about a different culture!

Week 3: The Perfect Holiday Workout … Tabata

The big question over the holidays is … How can I stay fit over the holidays? The answer: Tabata. Tabata was created by Izumi Tabata and came from a study conducted in Tokyo, Japan using highly-trained endurance athletes in peak physical condition. It involves 5 minutes of warm up, **8 intervals of 20 seconds all-out intensity exercise followed by 10 seconds of rest**, then 2 minutes of cool-down. It is important to EASE into this slowly and monitor your heart rate, especially if you do not exercise regularly. Why is it effective? It is high intensity interval training that does not allow you to recover fully (hence 10 seconds) and pushes your body to stay in the anaerobic zone. Will you take on the Tabata 4-minute challenge?

Week 4: Healthy Holiday Cocktail Party Recipes

Are you hosting this year or attending a potluck? Here are some crowd-pleasing recipes. You won’t have to feel guilty about these ones because they are healthier, more nutritious, and simply delicious.

Week 5: How to make the Most out of your Holidays

We have come to the last week of the Festive Five Holiday Guide. This week is more reflective and probably the most important thing you can do in preparing for the holidays. Carve out some time this week to go over this handout to make the most out of your holidays. You may not have even considered goals for the holidays but you’ll be surprised to see how a little bit of thinking ahead goes a long way.