



# HEALTHY OLIDAY

## tips

### Exercise

- Combine exercise and family commitments.
- Workout at home.
- Be flexible.
- Commit to exercise. Schedule it in.
- Enjoy the outdoors.
- Make an early New Year's resolution.
- Allow for "me" time.
- Record your physical activity.



### Healthy Eating

- Plan your eating.
- Set a calories curfew.
- Eat a light snack BEFORE your party.
- Don't hover around the buffet table.
- Keep liquid calories in check.
- Choose low-cal festive foods.
- Keep your portions small.
- Do NOT skip meals.

### Gift of Sleep

- Connect with friends and family.
- Take a laughter break.
- Fit in a seasonal siesta.
- Stick to your regular routine.
- Avoid caffeinated beverage 4-6 hr before bed.
- Avoid a heavy meal before bed.
- Make your bedroom conducive to a healthy rest.

