



HEALTHY HOLIDAY *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.

