**Week 1: Tips to Keep It Off**

Holiday weight gain is a common concern for people as the festive dishes and drinks emerge in our favourite restaurants and on our family table. How can we enjoy holiday foods without packing on extra pounds? We share 6 tips to help you establish balance and maintain a healthy weight throughout the festive season – and beyond!

**Week 2: Holiday Drinking**

You can’t celebrate the holidays without enjoying some warm cocoa, creamy eggnog, or bubbly champagne, but these festive drinks can quickly add hundreds to our daily calorie count! Check out some tips for responsible drinking along with some alternative options to consider. We’ve included tasty recipes for Peppermint Cocoa and Low-Fat Eggnog that you can try. Cheers!

**Week 3: Staying Active**

Did you know that adults should get 150 minutes of physical activity each week? That can seem difficult to achieve as the holiday months get busy. Staying active during the holiday season is important and we have 10 tips to help you do just that.

**Week 4: Holiday Nutrition Tips**

Food is an important part of our holiday celebrations. There are so many dishes and treats to enjoy that it’s easy to get carried away and have a little too much. Learn some tips and tricks to help keep your healthy eating on track and still enjoy some of your holiday favourites.

**Week 5: Holiday Stress Busters**

For many, stress is synonymous with the holidays. People to visit, gifts to buy, cookies to bake… the list of demands can feel endless. Learn why it’s so important to take steps to prevent stress and how to recognize when you need to de-stress. We also share some practical tips to help you beat holiday stress and enjoy the festive season.

**Week 6: Healthy Holiday Meals**

Healthy cooking doesn’t mean you can’t enjoy your holiday favourites. We share some ideas for revamping some much-loved dishes into healthier options. Also, check out the recipes for a tasty soup and easy (but fancy!) holiday dessert.