

### TIPS TO GET YOU THROUGH THE HOLIDAY SEASON

Eat more **HEALTHY SNACKS** between meals to keep you from being vulnerable to high fat goodies that are on offer over the holiday season, such as chips and dip, antipasto platters and chocolate éclairs. Healthy snacks include fresh fruit, vegetable sticks with a hummus/salsa dip, cottage cheese on crispbread, popcorn, dried fruit or nuts (in moderation), or yoghurt. Bring your own healthy snacks to parties to avoid overindulging in unhealthy options.



New Zealand continues to have one of the highest **SKIN CANCER** rates in the world – yet skin cancer is readily preventable. There are a few simple steps that you can take when UVR levels are at their peak during the daylight-saving months, especially between 11 am and 4 pm. These include wearing a hat, applying SPF30+ sunscreen before leaving the house, wearing sunglasses, as well as seeking shade in the middle of the day – remember Slip, Slop, Slap!

**PRIORITISE YOUR EXERCISE!** Always make time for a gym session, an hour's fast walk, a jog, or challenge a friend to a game of tennis etc. Don't get caught mindlessly watching re-runs on TV – get out and get active. Making time in the morning to exercise will keep you motivated for the rest of the day. Daylight-saving means you can be outside later so no excuses.



**ARE YOU REALLY HUNGRY?** Adjust your portion sizes accordingly – just because there's more food on offer doesn't mean you have to eat more – therefore keep an eye on the amount you eat. Decide ahead of time how many cookies/chocolates you're going to have. Balance out the extra calories through the rest of the day, for example - by eating an open-face sandwich with only one piece of bread and have some salsa on your baked potato instead of sour cream and butter.

Don't forget the holiday season is also a **TIME TO RELAX** and take a break. When you pace yourself, you maintain balance and avoid doing things in excess such as eating or drinking too much. Relax by reading a book, going for a swim, planning after-lunch activities with the family such as board games, walks, or frisbee – this will also help work off some of the cookies and chocolate.



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