

# HEALTH WEALTH

## ISSUE 38 TIPS FOR THE HOLIDAY SEASON

If it were only Christmas Day that we over indulged there would be no need to worry, however these days the holiday season partying seems to go on and on and increased stress and holiday weight gain is often the outcome.

So, here are our tips to help you stay healthy this holiday season:

- ✓ INCLUDE plenty of fresh fruit and vegetables on your plate.
- ✓ MOVE AWAY from the table once you have filled your plate.
- ✓ EAT your food slowly to give your body an opportunity to register that your stomach is full.
- ✓ MAINTAIN your alcohol free days.
- ✓ CONTINUE to drink six to eight glasses of water every day.
- ✓ MAINTAIN your exercise routine – even a light walk after a meal will keep you moving and start burning some calories.
- ✓ REMEMBER to make some time to relax, read a book, go for a walk, or catch up with a friend.
- ✓ ENJOY yourself and don't feel guilty about having some treats on Christmas Day.
- ✗ AVOID overeating and snacking by eating something healthy before going along to your celebration.
- ✗ AVOID eating between meals.
- ✗ DON'T return to the table for second helpings!



**MOST IMPORTANTLY have fun, and enjoy your time with your loved ones no matter what you are doing.**