



Maintain Don't Gain

Maintain your weight during the holidays.

BE HAPPIER AND HEALTHIER THIS HOLIDAY SEASON

Start the New Year feeling energized and renewed instead of exhausted and drained.

Here are a few suggestions to manage the hustle and bustle of the holiday season with health and wellness in mind:

- Enjoy your favorite holiday treats, but strive to eat and drink in moderation. Avoid excess, and you'll also avoid guilt.
- Be active and exercise at least 30 minutes each day. Physical activity is one of the best ways to make you feel good by boosting the production of endorphins, mood-elevating hormones produced by the body. Being physically active is also essential for managing weight.
- Get plenty of sleep and try to maintain a consistent sleep and wake schedule.
- Keep your holiday "to do" list manageable. Don't put unreasonable pressure on yourself to do everything.
- Set limitations. Do not overspend your financial and emotional resources.
- Schedule time for self-care to refresh your body, mind, and spirit. Don't make this time optional.
- Find the true spirit of the holidays and share it with the people you love and care about.



FEED YOUR HOLIDAY SPIRIT

Peace begins with and within each of us. Here are some ways that you can promote peace this time of year and all year round:

- Smile more. Frown less.
- Practice random acts of kindness.
- Share with those in need.
- Give hugs and "high fives."
- Listen with empathy.
- Meditate quietly.
- Speak truthfully.
- Drive less and move more.
- Look for "win-win" solutions to problems.
- Honor and appreciate the differences in each person.
- Consider the impact of your habits on the environment.

ENJOY THE OUTDOORS

Just because the weather is colder doesn't mean it's time to hibernate! If you live in a colder climate, outdoor activities are just as satisfying in the cooler months as they are in the warmer months. Here are some suggestions to get you out in the crisp air:

- Water and snow skiing
- Walking and jogging
- Sledding
- Ice skating



FORM NEW HOLIDAY HABITS

Here are some additional holiday habits to help you maintain, not gain:

- Concentrate on the company. Focusing on conversation during a holiday gathering will make your event people-centered instead of food-focused.
- Obey the 20-minute rule. You've heard it before — wait about 20 minutes before taking second helpings. You may discover that you are full and don't want more.
- Better yet...leave the leftovers. It will help you save on food preparation time tomorrow.
- Drink a glass of water after each alcoholic beverage. And, make sure you don't lose track of how much alcohol you consume.
- Fill up on vegetables during the cocktail hour. They're low in calories and high in fiber to give you a feeling of fullness. Plus, they are full of stress-resilient nutrients!
- Don't love it? Don't eat it. Holiday foods (like all foods) should be worth the calories.
- Be aware of unconscious, mindless eating. If you can't control it, don't have it around.
- Savor your favorite holiday treats. Sit down, get comfortable, and enjoy.
- Make less. If you love certain recipes, but have a hard time controlling your consumption when you make them, cut back the recipe and make less.
- Having a party? Send the leftovers home with someone else.



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