



Healthy Habits

Tips and resources for living well



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Stay happy and healthy during the holidays

Let Us Help!

The holidays are finally here, and it's important to stay healthy so you can enjoy all the festivities. This month, we'll provide tips to help you maintain your health during the holiday season. In this issue, you will learn about ways to stress less, eat well (but still enjoy a few indulgences), stay active, and more.



How can I stay active during the winter?



It's important to remember that staying active is just as important in the winter as it is in the summer. Here are some ways to stay active during the colder months:

- **Stick to your schedule.** If you exercised at a certain time in the summer, that time will work just as well in the winter. Keep the habit going!
- **Get out there!** If you miss your outdoor runs, still do them—just be mindful of less daylight and colder temperatures. If it's dark, wear reflective clothing and bring a headlight to see your path. If it's cold, wear warm layers.
- **The more, the merrier!** Being active and spending time with family and friends can go hand in hand. Invite others to join you for fun activities that get everyone moving, like ice skating, sledding, or walking around the neighborhood to check out the holiday lights.

Keep-calm tactics

'Tis the season to stress less!

Getting caught up in the spirit of the holidays can add stress to your already busy life. Try these tips to stay calm:

- **Plan ahead.** Set aside specific days for shopping, baking, or visiting with friends.
- **Learn to say no** when your holiday calendar gets too full. It's okay to set boundaries and decline invitations sometimes.
- **When it's cold outside** and life gets a little chaotic, treat yourself to a nice, relaxing bath.

Make this holiday season one to look forward to, not one to stress about!



Log your sleep!

Track your zzz's

To stay healthy during the hectic holiday season, it's important to make sure you get enough sleep. Most adults need 7-8 hours of sleep daily. Logging your sleep can help you be more mindful of your rest and allow you to notice areas for improvement.



Keys to better holiday nutrition

Balance and moderation!

Eating healthy during the holidays doesn't have to be hard. In fact, it can be quite delicious! Try these simple tips.

- **Follow the My Plate Model.** Fill at least half of your plate with fruits and vegetables, then whole grains and protein. Fill up on the good stuff!
- **Small, frequent snacks.** Eat small, healthy snacks (like fruits and vegetables) in between meals so you can keep a handle on your hunger.
- **Limit desserts.** Ideally, dessert should only make up 10% of your diet (that's about 150 – 200 calories).
- **Drink in moderation.** Treat alcohol like a dessert and drink no more than one, or two for men, beverages containing alcohol.
- **Enjoy eating!** Don't forget to enjoy the actual meal. Eat slowly. Savor the flavors. Stop when you are no longer hungry. The less you eat today, the more leftovers you have tomorrow!

Remember, focus on moderation and balance to keep your holidays nutritious and enjoyable.

