

## **Tip #1: Healthy Holiday Recipe Substitutions**

Did you know that the average holiday meal is 2,500 – 4,500 calories? Lighten up your favorite dishes without sacrificing taste.

- Baste your turkey with a low-fat, low salt broth instead of injecting your turkey with oil or butter
- Serve higher fat sauces and gravies on the side so you can control portions
- Serve roasted veggies with fresh herbs (root vegetables are a great choice) as an alternative to creamed vegetable dishes
- Substitute skim milk, low fat, low salt chicken broth, or nonfat Greek yogurt instead of cream or full fat milk in your mashed potatoes
- Try cranberry sauce with half the sugar
- Substitute unsweetened applesauce for oil in baked goods



## **Tip #2: Adding physical activity to your day**

Holiday time doesn't have to sabotage your exercise routine. There are plenty of ways to keep moving this holiday season.

### **Kickstart your day:**

- Drink plenty of water to keep your metabolism moving
- Take a walk with family and friends before you sit down to eat
- Aim for 10,000 steps per day. Take short walking breaks throughout your workday to keep the legs moving
- Don't let the weather prevent you from moving. Bundle up and take a walk in your local park with family and friends and enjoy the scenery
- Don't want to walk in the cold, head to the nearest mall for some power walking (along with your power shopping)
- Home for the holidays? Schedule some special time with your friends to meet at your local gym or yoga studio
- Pick a fun winter sport you enjoy or would like to try such as skiing, snowboarding, cross country skiing, ice skating, or snow shoeing

### **Here are some fun statistics:**

**FIGURE SKATING:** Calories burned per hour: 460\*

**ALPINE SKIING:** Calories burned per hour: 400

**SNOWBOARDING:** Calories burned per hour: 485



**SNOW SHOEING:** Calories burned per hour: 544  
*\*burned per hour based on a 145-pound woman*

### **Tip #3: Making Healthy Holiday Food Choices**

The holidays not only ring in cheer, they ring in trays of appetizers, larger than usual meals, drinking, and a multitude of desserts. Here are some tips to negotiate the twists of turns of holiday eating in moderation without sacrificing the fun.

#### **At the table:**

- Drink a glass of water before you sit down to eat
- Choose leaner and skinless cuts of meat and poultry
- Tempted by all the choice, take smaller portions of your most favorite foods to fill up your plate
- Mindfully eat; it takes 20 minutes for the brain to receive the signal that you are full. You may realize you don't want seconds

#### **At the party:**

- Bring a healthier version of your favorite dish
- Eat a light snack before you head out the door
- Use a small plate instead of grazing foods from bowls to keep portions in check
- Drinking can lower inhibition that can cause you to eat more, curb your consumption by alternating sparkling water in between

#### **At the office:**

- Out of sight is out of mind, keep sweet treats covered, in boxes, or in the fridge
- Keep healthy snacks at your desk instead of reaching for the sweet treats too many times when hunger hits

### **Tip #4: Ways to relax and unwind**

The holidays can bring great joy – as well as stress where we can forget to take time out for ourselves. Here are some ways to relax, unwind, and sleep more soundly.

- Write down a to-do list each day to keep worry at bay at the end of the day
- Try exercising in the early evening to burn off any excess energy for a good night's sleep
- Play some relaxing music before you go to bed
- Don't forget to breathe. Controlled breathing can melt away tension and quiet the mind
- Write down five things that you are grateful for



before you go to bed, try this once a week

- Call a loved one to catch up and chat
- Spend some time in nature or looking at photos of natural beauty

### **Tip #5: Let's play!**

Beat holiday stress with some fun. Play can reduce stress and create more joy in our lives. Here are some tips to light up your day.

- Play your favorite songs and sing along (and dance around the room while you're at it)
- Organize a sports day with colleagues, family, or friends
- Play with the kids - make a date with your kids, grand-kids, nieces, nephews, or friend's kids
- Check out play places that also cater to adults such as trampoline parks, adventure ropes, indoor climbing
- Play a fun board game (your favorite one or try a new one) – maybe even Charades

**Playing can also lead to lots of laughter. Here are some more ways to bring it into your life:**

- Watch your favorite comedy series, movie, stand-up comedian, or YouTube videos
- Lighten up and laugh more (even if it feels forced, eventually it will turn into a real laugh)
- Surround yourself with funny people

### **Tip #6: Celebrate your success and set goals for the new year!**

Take a moment and reflect on the ways you lived a healthier lifestyle over the holidays. Think about what was most challenging and don't forget to celebrate your success. There is no better time to set goals for the new year!

- Create a vision of wellness for yourself in one year from now that excites and motivates you
- Break down that vision into smaller parts (6 month, 3 month, 1 month, and weekly goals)
- Keep them SMART: Specific, Measurable, Attainable, Realistic, and Time-bound
- Engage family and friends for support

