

# 12 TIPS FOR A HEALTHIER HOLIDAY

YES, YOU CAN ENJOY THIS FESTIVE SEASON WITHOUT LOSING YOUR MIND OR YOUR WAISTLINE.



1

## ALCOHOLIC BEVERAGE.

Limit yourself to **one** celebratory drink at parties.

2

## 2 EGG WHITES.

Swap 1 egg for 2 whites to lower cholesterol and calories in dishes.

3

## MEALS A DAY.

Skipping breakfast or lunch can lead to **overeating** at big holiday meals.

4

## CUPS OF FRUIT AND VEGGIES DAILY.

Nutrient-rich fruits and veggies will **keep your diet on track**.

5

## MINUTES OF MEDITATION.

Take a quick timeout for deep breathing to **recenter your mind**.

6

## THINGS TO BE THANKFUL FOR.

Start a daily gratitude journal to **honor your blessings**.

7+

## HOURS OF SLEEP.

**Get plenty of rest.** When you are tired, you may eat more and choose foods that are high in fat and sugar.

8

## GLASSES OF WATER.

Hydrating can help you **eat less and digest heavy meals more** easily.

9

## MINUTES AFTER EATING.

**Hit pause on second helpings** until you give yourself time to feel full.

10

## MINUTES OF WALKING.

**Burn calories and decrease stress** with a brisk walk.

11

## MINUTES OF "ME TIME."

Take a shower, soak your tired feet, or watch a funny video and **spend a few minutes alone**.

12

## DAYS OF PLANNING.

Use the week after Christmas and the first week of the New Year to **plan your healthy resolutions for 2023**.