

Five Tips for Healthy Holiday Fun!

Engage in at least one hour of physical activity

- Go outside and build a snowman, shovel snow as a family or go caroling through your neighborhood
- Take a few extra laps around the mall perimeter while holiday shopping
- Host a holiday gathering and invite your guests to dance the night away

Spend two hours or less in front of the TV or computer screen

- Instead of watching your favorite holiday carols on TV, read the stories together as a family
- Take a stroll through your neighborhood and enjoy the decorations
- Make paper snowflake cutouts and decorate your windows

Eat three balanced meals

- Start every day off right with a healthy breakfast; try hot oatmeal with almonds, fresh berries and cinnamon on top
- Offer to bring a salad or vegetable for a healthy alternative at holiday gatherings
- Curb overeating by choosing smaller plates that facilitate smaller portions

Drink four or more cups of water or low/no-calorie beverages

- Drink calories count; stick to water and other low or no calorie beverages
- Add a splash of cranberry juice or even fresh berries to water
- Freeze fresh berries or mint leaves in ice cubes for some festive zest

Enjoy five or more servings of fruits and veggies

- Fruit kabobs, and vegetables with dip are popular and healthy crowd pleasers
- Spice up your favorite holiday dishes by adding vegetables – spinach is great for lasagna, pizza, and spaghetti (try this in your meatballs too!); finely diced carrots is a good addition to chili, and pureed cauliflower works well in white-sauce based casseroles
- Rethink entrees –fill half of your plate with fruits and vegetables, a quarter of your plate with whole grains, and the other quarter with a lean meat or protein source