



Healthful holiday habits

The holidays can be a difficult time to prioritize your health. While enjoying festivities with loved ones, remember to practice mindful eating at holiday meals, find ways to fit in physical activity, prioritize your sleep schedule and utilize self-care techniques.

Approach holiday meals like any other meal – don't save up your calories for a big splurge.

Here are some helpful holiday tips to remember:

- Focus on weight maintenance instead of weight loss during the holiday season.
- Remember – it's a holiDAY, not a holiMONTH.
- Don't plan on "dieting" after the new year.
- Don't drink your calories.
- Remove candy/dessert bowls from around the house.
- Share baked goods and other treats you are given.
- Participate in a holiday race or family walks/sports.
- Get out and shop instead of shopping online.
- Aim to get 7–9 hours of sleep per night.