

Healthy Holiday Tips

Give yourself the gift of good health this holiday season.
See how many you can practice for the gift that keeps on giving.

- Eat at least 3 veggies today.
- Write down 3 people or things that you are thankful for this year.
- Fill half your plate with veggies, a quarter with protein, and a quarter with starches.
- Avoid consuming added sugars today.
- Gather friends and family for a hike or walk.
- Hydrate! Drink a glass of water first thing in the morning.
- Spend quality time with someone you love today.
- Eat a healthy breakfast.
- Try a new workout at home.
- Pause and take 5-10 deep breaths.
- Go outside for 30 minutes.
- Set a bedtime for the week! Lack of sleep can lead to increased stress and weight gain.
- Fill up on at least 5 servings of fruits & veggies today.
- Try holding a plank for 30-60 seconds.
- Be the slowest eater at the table. Enjoy every bite.
- Do one nice thing for yourself today!
- Do something kind for someone today.
- Try 3 sets of 10 squats.
- Keep desserts and treats to only a couple of bites or use the buddy system and split dessert.
- Make time for exercise today.
- Write your New Year Resolutions.

