



Healthy for The

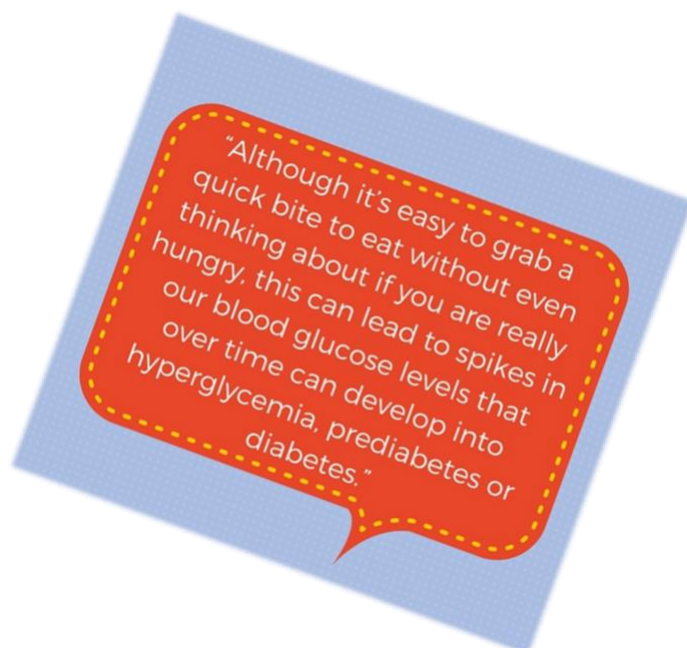
This Holiday Season, Eat Mindful, Not Mindless

It's the holidays for most Americans, that means eating, a lot of eating, followed by weight gain and a New Year's resolution to lose weight.

But why not take a healthier approach to what we eat during this holiday season and beyond?

According to a recent website survey about 18% of people say it's hard for them to eat healthy because they don't want to stop eating their favorite foods. The good news is you don't have to. You can still enjoy your favorite occasional indulgences, but in moderation. It's all about being mindful of what you eat.

Mindless Eating



Healthy Tips

The holiday season is an exciting time of year filled with friends, family and giving. However, the season also comes with parties, eating, chaotic schedules and stress. People are busier than usual and cannot keep up with their workout regime, eating habits are thrown off by travel, busy schedules and tempting sweets and fattening dishes. Here are some tips to help you enjoy a healthy and happy holiday season this year.

Plan- If you know you are going to be attending a holiday party at night and will be indulging in not-so-healthy foods, eat healthy and low-calorie foods during the day to balance out your caloric intake, while still getting your daily nutrients. Also, be sure to exercise that day to balance out the calories consumed and burned.

Make Substitutions- Many ingredients in traditional holiday recipes can be substituted for ones that are not as unhealthy.

- Mix skim-milk in your mashed potatoes instead of whole milk
- Swap the white rolls for whole wheat rolls
- Use low sodium broths, soups and canned items
- Serve steamed green beans instead of green bean casserole
- Make healthy substitutions for lower fat, calorie and sodium intake

Avoid Overeating- You will be much happier and feel better the next day if you resist the temptation of overeating

- Choose moderate portions of foods you like best and fill up half your plates with fruits or vegetables
- Eat slowly so your body can digest and signal that is full and only go back for seconds if you are still hungry
- Sweets are fine in moderation. If you are going to indulge, enjoy, and limit yourself to a small quantity.
- Eat an apple, cut up vegetables or other healthy snacks before attending a holiday party or meal to avoid overeating while you are there

Beverage Control-Although it is perfectly OK to raise a glass for a holiday toast, it is important to be conscious not to consume excessive calories through beverages

- Drinks such as eggnog, hot chocolate and apple cider have empty calories and high sugar content
- Limit yourself to one alcoholic or seasonal beverage a day and remember that water is always the best option to keep you hydrated and energized

Exercise- Be sure to keep up your normal exercise routine if you have time to do so. For those whose exercise schedule is altered by the holidays, there are other ways to get your exercise in during the holiday season.

- One way is to complete shorter and higher intensity workouts. For example. Complete 30 second sprint intervals outdoors or on the treadmill for 15 minutes, or complete three sets of squats, push-ups and sit-ups when you are home.
- Another way to get your exercise in is to go on a walk with your family or friends to catch up instead of sitting on the couch

Be Selective- Before you begin eating at a holiday party, check out all the options and choose the foods that you really want to eat

- If everything looks tempting and delicious, have a small sample of different foods to satisfy your craving
- Use self-control and limit yourself to the sweets and treats that you really love. You'll thank yourself the next day

Where Does the Rockefeller Center Tree Come From?

The holiday season is a time of joy and celebration. One of the most iconic traditions is the Christmas tree. The Rockefeller Center Christmas tree is a symbol of the holiday season. The tree was first lit in 1931. The tree is made of real trees and is decorated with lights and ornaments. The tree is a symbol of the holiday season and is a tradition that has been passed down for generations. The tree is a symbol of the holiday season and is a tradition that has been passed down for generations. The tree is a symbol of the holiday season and is a tradition that has been passed down for generations.



Holiday Fun Facts



What's Happening at

Wellness Workshops at Agape!

Agape wants to help you learn more about topics affecting you! Each of our therapists and specialists will do an educational wellness presentation on a certain topic focusing on improving your pain, lifestyle, nutrition and overall wellness.

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Where: Agape Therapy in CF
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