



Stay Fit this

Holiday season

# Exercise Wherever You Can



Enjoy fun winter activities such as sledding, ice-skating, snow-ball fights, and building snowmen to get your heart pumping and muscles in motions!! Shoveling snow or chopping wood both offer great workouts as well—you will burn several hundred calories doing either task!

# Control Your Drinking

The holidays are a time to celebrate. Unfortunately, many of the celebratory activities, such as drinking, can have serious repercussions on your health.

Alcohol contains almost as many calories as fat. Choose light beer and wine over mixed drinks. A holiday-sized mixed drink can have as many a 300- 500 calories or more.

Also, by controlling your drinking, eating before you drink, and choosing your drink wisely, you prevent the morning-after hangover. In the event that you have a raging headache and feel dizzy, thirsty, and weak, you are probably dehydrated. Replenish lost fluids and take an over-the-counter pain reliever before to prevent losing the day.



# *Eat Sweets in Moderation*



Don't skip dessert, just moderate it. Eat a smaller slice of pie, or choose a couple small treats to savor throughout the day.

The holidays are not a time to feel deprived. They are meant to be happy times, spending time with friends and family.

If you are dedicated to being in shape, one day will not ruin your results.

# *Don't Skip Meals*

Skipping meals slows down your metabolism and puts your body in starvation mode. With that said, holiday portion sizes are often excessive, so watch how much you are eating at one time. It is better to eat small meals more often rather than one large meal at the end of the day.

Also, if you starve yourself all day in anticipation for that holiday feast, you are liable to eat more and take in more calories than you would if you had eaten consistently throughout the day.



# Make Your Plate a Rainbow



Instead of loading up on simple sugars that add calories without nutrients (commonly found in white bread, white rice, cookies, and pastries), take in a variety of colors in each meal.

Cranberry sauce, sweet potatoes, green bean casserole, pumpkin pie ... all super tasty and loaded with vitamins and minerals to keep you healthy!

Some of your favorite treats can actually help fight disease and help increase your metabolism, so you burn more calories throughout the day.

## Cranberries

- Reduce dental plaque,
- Fight certain types of cancer
  - Prevent urinary tract infections & kidney stones
  - Reduce risk of heart disease
  - Add cranberries to oatmeal or stuffing, and enjoy them in juices, sauces, and muffins.

## Sweet Potatoes

- Excellent source of vitamins A, C, B6, potassium, and iron
- Rich in fiber
- Reduce the risk of diabetic heart disease, and colon cancer.
- Enjoy sweet potatoes mashed, baked, or in a casserole

## Pumpkins

- Loaded with vitamin A
- Good source of vitamins C, K, and E, and lots of minerals, including magnesium, potassium, and iron
- Enjoy a slice of **pumpkin pie** guilt-free!

## Green beans

- Low in calories (just 43.75 calories in a whole cup)
- Excellent source of vitamins C, K, A, and manganese
- Good source of fiber, potassium, folate, and iron
- Promote colon health, increase bone strength, and will save your immune system during this cold

# Enjoy Yourself

This is the time of year to be with family and friends—don't worry too much about calories and fat.

Eat little bits of your favorite treats and enjoy it.

Taking some time off from the gym gives your body time to rest and recover.

The holidays will not ruin your progress if you are indeed motivated to stick with your fitness routine.



# Drink Lots of Water

Drinking lots of water is great for your body at any time of year. Being dehydrated can make you feel tired and is often associated with headaches.

By getting 6-8 glasses of water every day, you are helping to improve digestion, cleanse your body, improve your skin, and suppress your appetite.

Many times, people mistake being hungry for being thirsty, so it is important to always be getting enough water every day.

Remember: water contains no calories, fat, carbs, or sugar. So, drink up!



# *Fill Up on Healthy Snacks*

Remember: keeping your metabolism up by snacking on fruits and vegetables throughout the day is a great way to cut down on overall calorie consumption. Eating low calorie, high fiber foods is a great way to gain nutrients while filling you up.

If you are going to a holiday party, offer to bring a low fat dish (like a vegetable platter or fruit salad) so you know that there is at least one “safe” food that you can snack on throughout the night without feeling guilty.

