

The background features a light cream color with large, overlapping pastel shapes in shades of pink, teal, and light blue. White snowflake graphics are positioned in the top-left and bottom-right corners. A trail of small pink dots curves from the top-right towards the center.

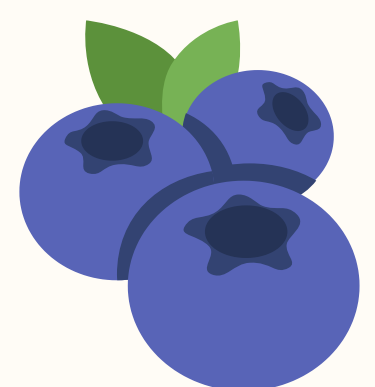
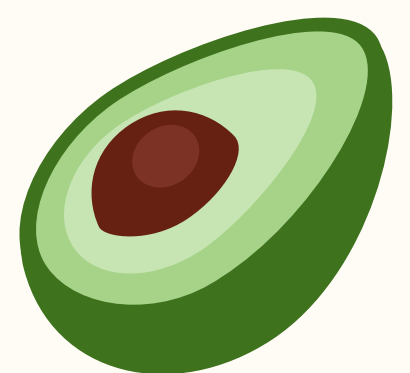
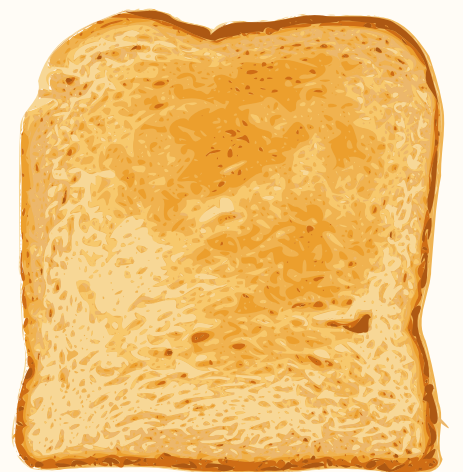
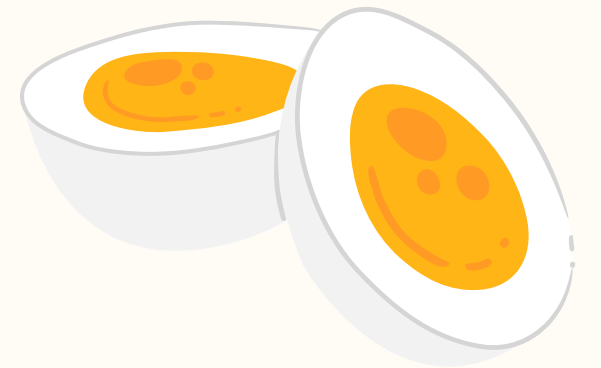
NORTH SYRACUSE CENTRAL SCHOOL
DISTRICT

Stay Healthy this Holiday!

**TIPS FOR A HAPPY AND HEALTHY
HOLIDAY**

Make breakfast a priority

- Eating a balanced breakfast can help prevent overeating later in the day.
- For a filling breakfast, try combining a whole grain, a protein, and a healthy fat source!
- Adding a side of fruit provides fiber and vitamins to help keep you full and support your immune system!





Stay Hydrated!

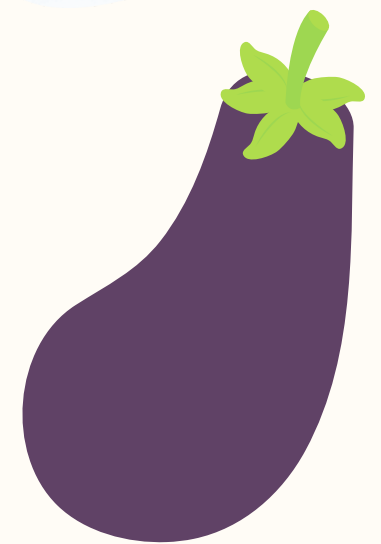
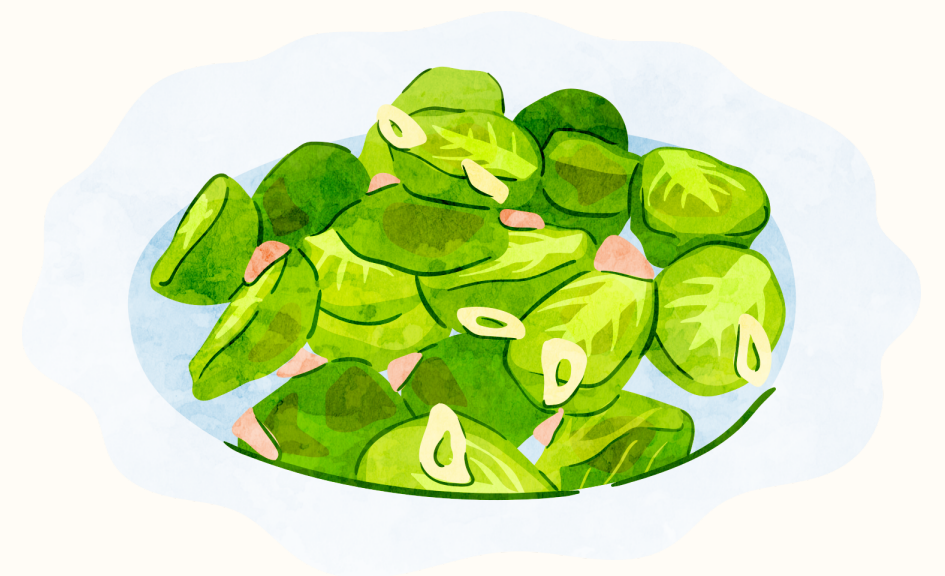
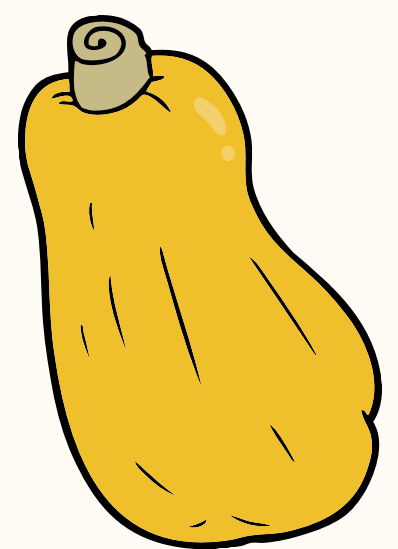
- **Water plays an important role to keep you healthy!**
 - Water helps flush out toxins and supports the kidneys.
 - It carries nutrients and oxygen throughout the *entire* body.
 - It helps regulate body temperature.
 - It helps hydrate your skin, eyes, and joints.
- Carry a water bottle with you and drink throughout the day!
- Add some fun to your hydration by trying flavored sparkling water!





Eat the rainbow!

- This holiday season, think about what you can *add* to your plate!
- Make sure your plate has a variety of foods including carbohydrates, protein, fruits, and vegetables!
- By eating the rainbow, you will be getting all of the nutrition you need to stay happy and healthy this holiday season!
- Consider a friendly competition and see who has the most colorful plate!



Choose your Treats!

- A big part of holiday fun is holiday sweets and treats!
- Choose the dessert that you will enjoy most to avoid feeling restricted this holiday!
- If you are at a holiday party, try taking some dessert home for the next day instead of over-indulging in one evening!
- Freeze holiday cookies to eat periodically instead of eating too many at once.

