

# Healthy Holiday Tips

## ❖ Avoid overeating

- Eat SLOWLY. It takes time for the brain to realize the stomach is full.
- Take a 10-20 minute break after your first helping, then recheck your appetite.

## ❖ Drink wisely

- If you drink alcohol, drink a large glass of water or seltzer in between drinks to limit intake and avoid dehydration

## ❖ Eat your veggies!

- During parties and meals, don't ignore fruits and veggies. They make great snacks and side dishes and as a bonus, they nourish your body!

## ❖ Stay active

- Go for a walk with the family after indulging in your holiday feast (this will help with digestion too)
- Keep up with your regular exercise routine

## ❖ Indulge in self-care

- Managing your stress levels and getting enough rest is crucial to your overall wellbeing. Take care of yourself and you'll thank yourself in the long run!

