**Get/Stay Moving Tips for the Holidays**

1. **Remember the reasons you work out! To feel good, boost energy, and even to help in the removal of toxins. We tend to increase our intake of alcohol and allow ourselves more foods that contain additives during this time of year. Since exercise aids in digestion, allow the exercise to more quickly rid your body of these extra toxins you are putting into it.**
2. **Schedule exercise on your calendar, just like an appointment!! Commit to a weekly routine—go ahead, BOOK YOURSELF--write it on your calendar each day, or every other day. Remember, you must take time out to care for yourself, so that you can be your best and give the most of yourself this holiday season! Don’t short yourself or others of the full YOU.**
3. **Get outside to get fresh air. We are inside a lot with the cooler weather—exercise is a great reason to step out and enjoy decorations with a friend, family member for a ‘walking tour’. Just bundle up so you don’t stop too early. Drive to a neighborhood and park if you do not live in a neighborhood that is lit up as well as you’d like.**
4. **Set up a personal challenge. For example, challenge yourself to BE ACTIVE every day during December. Put up a poster or calendar that you can see. Fill in a few days with your activities, and you’ll feel yourself not wanting to leave a blank. (Thanks go to Rhonda Kenny and her children for this idea).**
5. **Rely on your family! If you have small children in the family, volunteer to take them out to run around and get rid of some of their excess energy. Kids’ games can burn more calories than you realize, and other family members will thank you. Also, if you have older kids and other adult family/friends, challenge them to a game of touch football or even kickball. Active games can be fun and a way to relieve stress as well as to burn up some energy.**

**No kids or other active family/friends? Take yours or a neighbor’s dog out for walks.**

1. **Write down what you eat and what activity you get. Research supports healthy living in response to *being accountable* for your actions. Seeing the information in print (or written down) really does help you become much more aware of your actions (both good and not so good).**
2. **For game fans: get up at half-time during the ‘bowl’ games and do a walk, jog, or workout routine. If you are not a game fan, but love to catch up on movies during this time, take exercise bursts during the commercial breaks (or create breaks if it is a recording, DVD, etc.).**
3. **Get your exercise in FIRST THING in the morning. Don’t let the rest of the holiday hustle and bustle get in the WAY of your workout, because you have already done it!**

**Eleven Healthy Eating Tips for the Holidays**

1. **Practice healthy holiday cooking by preparing your favorite dishes with low fat, low calorie options. For example, use skim milk in the mashed potatoes instead of half and half. When making dressing use more onions, garlic, and vegetables and less bread.**
2. **If you are attending a holiday party, eat a light snack such as your favorite fruit or a small salad before you attend the party. This will help to decrease the temptation to over-indulge.**
3. **When cooking your favorite holiday treats, substitute regular eggs with Omega-3 fatty acid enriched eggs to increase the nutritional value of these foods. There are several brands available at your local grocery store.**
4. **Fruits, vegetables and whole grains are all naturally high in dietary fiber which helps to provide you with a sensation of fullness. When snacking over the holidays, try to add a source of fiber to your snack and it will help to satisfy your need to snack.**
5. **Portion size! Portion size! Portion size! It is okay to eat your favorite holiday treats as long as you only have one serving and you pay attention to serving sizes. Having several servings in a sitting of your favorite holiday snack will quickly add up to extra calories – and we all know that extra calories equal extra pounds.**
6. **If you eat too many calories at one meal, eat less at the next meal. It takes 500 extra calories each day (FOR 1 week) above your normal caloric amount to gain one pound. One piece of Mom’s homemade fudge is not going to contribute enough calories to make you gain weight as long as you balance these extra calories with the rest of your calorie intake for the day.**
7. **Don’t drink your calories. Remember that sweet tea, regular sodas, “fancy” coffees and alcoholic beverages all contain extra calories.**
8. **If you are traveling to a family or friends house for the holidays, prepare your own healthy, low fat, low calorie dish to share. And then make most of your intake come from there and ‘sample’ other dishes.**
9. **When preparing dips, sauces and pie toppings, use fat-free yogurt, sour cream and whipped toppings to reduce total calories.**
10. **Set aside time for daily exercise. Exercise will help reduce your holiday stress and can help burn those extra holiday calories. If you do not have time for your usual exercise routine, break it up into two smaller exercise sessions in the same day.**
11. **Be realistic! The holidays are not the best time to focus on losing weight – instead focus on maintaining your current weight.**