



Healthy Holidays

How to manage nutrition, physical activity, stress and self-care this holiday season



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NUTRITION DURING THE HOLIDAYS

Want to avoid holiday weight gain and feeling like a stuffed turkey yourself?

Make these smart holiday food choices to curb weight gain, have more energy and stay hydrated during the holidays



What Are You Eating?

- Take a look at the foods you eat everyday and the special foods you eat during the holiday season.
 - Many holiday foods are loaded with calories and fat
- What kind of nutrients are in these foods? Are you getting enough of your recommended daily values for each nutrient?
- Visit www.mypyramid.gov for more information on what to eat and how much



Mindful Eating

The art of "mindful eating" is to pay attention to **WHAT** you are feeding your body. Pay attention to how particular foods make you feel physically and emotionally.

Asking yourself every time you sit down to eat something or you want to satisfy your "sweet tooth" or salty cravings...

“Will this **GIVE** me energy my body needs and enjoys OR will this food **DEplete** me of vital energy?”

- How does this food make me feel?
- Will this food make me experience tiredness, bloating, upset stomach, headaches?
- Will this food give me energy or take energy away?
- Will I feel "guilty" after eating this food?
- Am U really craving this food?
- Why am I craving this food?
- When was the last time I had something to eat?
- Am I eating snacks and meals throughout the day?
- Am I getting enough fiber each day?
- Do I feel bloated and "heavy" or flat and "light" today?



Better Food Choices

- Choose more veggie based dishes
- Avoid creamy, cheesy dips – opt for salsa or hummus
- Limit your rolls, and if available, go for whole wheat instead
- Nuts are great, but stick to one handful or less – two or three can pack in 600 calories!



Naughty and Nice Holiday Foods

Naughty Drink

- Eggnog
 - One cup holds 300 calories, add alcohol and that calorie counts goes up!
 - Main ingredients are eggs, milk and sugar



Nice Drink

- Cranberry Vodka
 - If you must have a holiday drink of the adult variety, opt for this – 100 calories
- Sparkling Water with Twist of Lime
 - DD or don't drink? Have this refreshing drink!



Naughty and Nice Holiday Foods

Naughty Appetizer

- Baked Brie
 - Two ounces pack 190 calories and 16 grams of fat!



Nice Appetizer

- Shrimp Cocktail
 - Super low in calories, high in protein





Naughty and Nice Holiday Foods

Naughty Entrée

- Dark-Meat Turkey
 - Packed with fat and calories



Nice Entrée

- Ham
 - Three ounce serving (about the size of deck of cards) – 140 calories and 7 grams of fat.
 - Watch for the pineapple sauce or sweet glaze



Naughty and Nice Holiday Foods

Naughty Desserts

- Pie
 - Pumpkin, Apple, Cherry ... Delicious but dangerous. Crust is loaded with butter and shortening, filling is loaded with sugar
 - The worst: Pecan – more than 500 calories and 27 grams of fat per slice

Nice Desserts

- Fudge
 - Small, bite-sized about 70 calories for a small piece
 - It's sister, brownie contains about 110 calories for a 2 inch piece.
 - Just be careful at how many pieces you are eating!



Eating for More Energy & Less Stress

1. Start your day with a *good* breakfast!

Should be a complete meal - one that contains complex carbohydrates, protein, fat, vitamins, minerals and trace elements.

2. Take a multi-vitamin/mineral at least once per day.

Supply the needs of the appetat in order to avoid deficiency cravings. Fulfill nutritional needs.

3. Eat two snacks each day (mid-morning/mid-afternoon)

Should be comprised of complex carbohydrates, along with a small amount of protein and/or healthy fat.

4. Drink plenty of water.

Seventy percent of our body weight is water, ninety-two percent of our bodily processes need enough water to perform properly.

5. Eat more raw fruits and vegetables.

Enzymes contained in uncooked fruits and vegetables help us convert food to usable energy.

6. Avoid or decrease processed sugars, caffeine, alcohol, soft drinks, animal fats along with foods which have been fried, deep fried or heavily processed.

Energy levels as well as long term better health outcomes have been related to limiting consumption of these items.

7. Eat mindfully!

Do you want to add this food to your body? What will it do for you? How will it make you feel? (physically and emotionally).





Staying Hydrated

During the holidays, we fill our calendars with lots of shopping, baking, gift wrapping, and holiday parties. So it's easy to overlook one of the most important elements to staying sane and healthy... H₂O.





Why Stay Hydrated

- It is estimated that 75% of Americans are dehydrated, and that 37% of Americans have a thirst mechanism so weak that it is mistaken for hunger.
- If you are not drinking AT LEAST 64 oz of water EVERY DAY, you are probably dehydrated.
- Dehydration causes
 - Fatigue
 - Headaches
 - Depression
- Dietary habits can, like consumption of caffeine containing liquids and alcohol, contribute to water loss



Top 5 Ways to Stay Hydrated

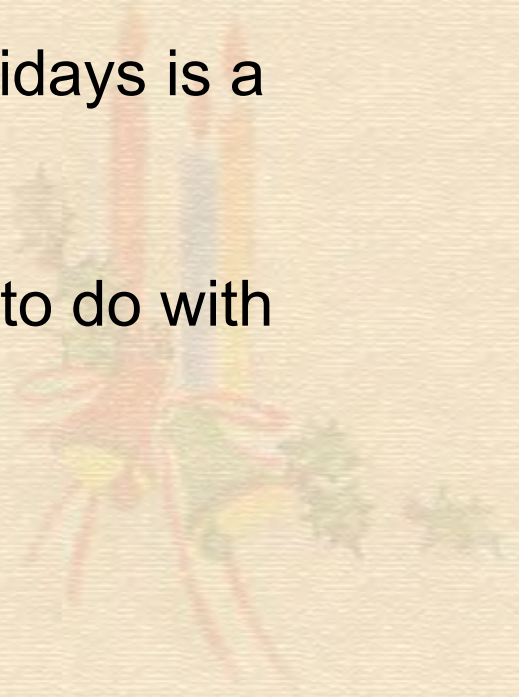
1. Drink 8 eight-ounce glasses of water regularly throughout the day
2. Keep water with you and drink it before you are thirsty
3. Focus on staying hydrated and drink according to your changing activities and health level
4. Add a glass of water for every caffeinated or alcoholic beverage consumed
5. Consume foods and beverages high in water like: Watermelon, grapes, grapefruit, hamburger, chicken, soup, stew, jell-o, fruit juice and sports drinks



PHYSICAL ACTIVITY DURING THE HOLIDAYS

Staying physically active during the holidays is a great way to stay healthy

Plus, you can incorporate fun activities to do with friends and family!





Setting Holiday Fitness Goals

- Set a Long-Range Goal
 - Be specific –What do you want to accomplish?
- Set Working Goals
 - Small steps to help you reach your long-range goal
 - What, how, much, when and how often
- Keep a Planner
 - Plan a firm commitment
 - Write down your activities and set a schedule



Developing a Fitness Plan

Healthy Happy Holidays
Helping You Through The Holidays



Develop a Fitness Plan

1. With instructor, develop a personal fitness plan for the week.
2. Goal= FITT Guidelines: Frequency, Intensity, Type & Time

My Fitness Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest							
Cardio							
Flexibility							
Strength/ Resistance Training							



10 Ways to Squeeze in a Workout

The holiday season can make keeping to a consistent workout routine difficult. But staying active during the holidays can be easier and more fun than you might think. Here's a list of 10 easy ways to squeeze in a workout during the holidays and even boost your holiday spirit!

- **Park Far Away:** Parking lots are notoriously crowded during the holiday season. Turn that congested parking lot into an opportunity to burn some calories. Avoid those fiercely fought over prime parking spots and park far away from the entrance.
- **Lap the Mall:** Before you head directly to a particular store, take a quickly paced, full lap around the mall. You'll get in some extra exercise and window shop while you're at it.
- **Play with the Kids:** During the holiday season, you're likely to be around more small children than usual. Take advantage of having the little ones around; play with your nieces and nephews. You can chase the active toddlers around the house or take the older kids on a stroll around the neighborhood to check out holiday decorations.
- **Workout Indoors:** Working out can be difficult during the holidays for people who like to exercise outdoors. Instead of being a couch potato while you're stuck indoors, come up with a workout you can do inside. Climb up and down the stairs in your house for a good cardio workout. Focus on weight training, Pilates, yoga or invest in some fitness videos to stay trim during the holiday season. You could even put some of these items on your gift wish list.
- **Winter Sports:** Some sports were made for the holiday season. A perfect way to bond with family and get a workout could be a trip to the ice rink. Ice skating is an excellent form of exercise for people of all ages; the kids will love sliding around on the ice, and older people will appreciate skating's low impact on the joints and its calorie burning benefits.



10 Ways to Squeeze in a Workout

- **Set Goals:** The holidays can get so busy and hectic that an important activity such as exercise might simply fall to the wayside. To avoid forgetting about workouts, make exercise appointments on your calendar, and keep these appointments just as you would any other. Be realistic with your exercise goals, and be consistent.
- **Work Out with Family:** Take advantage of having the whole gang around and plan some holiday-related exercise activities. For example, take your family on a walk to check out the holiday lights and decorations. Or go on walk and sing carols through the neighborhood. Afterward, you could even reward you and yours with some coffee or hot chocolate. If you have a more adventurous crew, go sledding or skiing.
- **Work Out with Family:** Take advantage of having the whole gang around and plan some holiday-related exercise activities. For example, take your family on a walk to check out the holiday lights and decorations. Or go on walk and sing carols through the neighborhood. Afterward, you could even reward you and yours with some coffee or hot chocolate. If you have a more adventurous crew, go sledding or skiing.
- **Wear a Pedometer:** It's important to keep track of how active you are during the holidays. To make sure you're staying active during the winter season, wear a pedometer to keep track of how much you're moving around. A general rule of thumb is that you should walk about 10,000 steps daily (about 5 miles) to maintain a good level of fitness. If you find you're falling behind, take the stairs at the office instead of riding the elevator or park a few blocks away from the restaurant if you're meeting your friends for a holiday meal.



10 Ways to Squeeze in a Workout

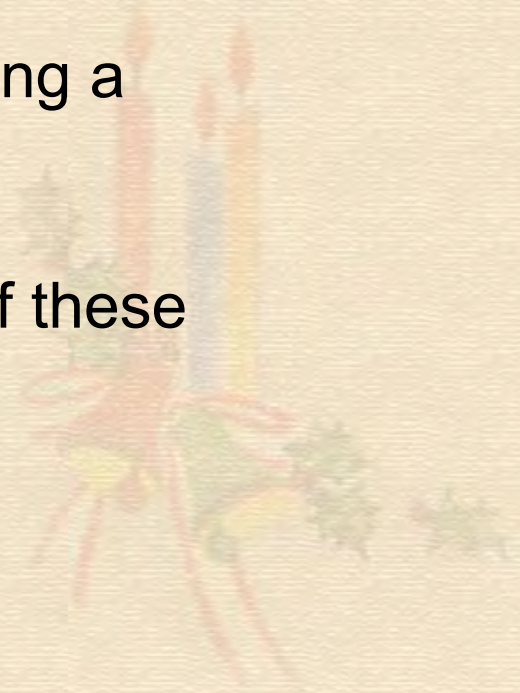
- **Sign Up for a Race:** Many towns and cities host annual holiday events such as Turkey Trots or Jingle Bell Runs. These "fun run" races are usually family-oriented and not too intense but still very good ways to stay in shape during the holiday season. Holiday-themed races are the perfect way for the whole family to stay in shape and anticipate the season.
- **Stay Active While Traveling:** If you're traveling out of town to visit friends and family during the holidays, it might be difficult to maintain your usual workout schedule. Squeeze in a workout on the go. In the airport, walk around the terminals between flights. When booking a hotel, check to see if they have a pool or fitness center. You can also ask if your gym membership extends to other gyms in your family's town.



MANAGING STRESS DURING THE HOLIDAYS

The holidays are notorious for being a stressful time of year

Beat the holiday stress with some of these helpful tips!





Budgeting for the Holidays

For many of us, the holiday aftermath includes massive credit card bills that can take months to clear. The holidays doesn't have to be a financial headache if you plan ahead. Stress reduction strategies include:

- As early as you can in the New Year, work out a rough budget of expected holiday costs. Don't forget 'hidden' expenses such as food bills and overseas telephone charges.
- Calculate how much disposable income you have between now and the holidays. A certain percentage of this can be dedicated each week (or fortnight or month) to covering your expected costs. Don't be discouraged if the amount seems small. If you save \$5.00, \$10.00 or \$20.00 per week over a year, it can provide you with a hefty nest egg.
- If your nest egg isn't enough to cover your estimated expenses, perhaps you may need to refigure your budget to a more realistic amount.
- If you have trouble keeping your hands off your holiday nest egg, consider opening a 'Holiday Club' account.





Holiday Shopping

Stress reduction strategies for successful holiday shopping include:

- Make a list of all the gifts you wish to buy before you go shopping. If you wait for inspiration to strike, you could be wandering aimlessly around the shopping centre for hours.
- Buy a few extras, such as chocolates, just in case you forget somebody or you have unexpected guests bearing gifts.
- If possible, do your shopping early - in the first week of December or even in November. Some well-organized people do their holiday shopping gradually over the course of the year, starting with the post-holiday sales.
- Buy your gifts by mail catalogue or over the Internet. Some companies will also gift-wrap and post your presents for a small additional fee.



The Holiday Lunch or Dinner

Stress reduction strategies include:



- If you are cooking lunch at home, delegate tasks. You don't need to do everything yourself.
- Consider keeping it simple - for instance, you could always arrange for a 'buffet' lunch, where everybody brings a platter.
- Buy as many non-perishable food items as you can in advance - supermarkets on Christmas Eve are generally extremely busy.
- You may need to order particular food items (such as turkeys) from your supermarket by a certain date. Check to avoid disappointment.
- Consider doing your food shopping online. The store will deliver your groceries to your door. (Keep in mind this option is more expensive than visiting the supermarket yourself.)
- Book well in advance if you plan to have lunch at a restaurant. Some restaurants may be fully booked for months before the holidays, so don't wait till the last minute.



SELF-CARE DURING THE HOLIDAYS

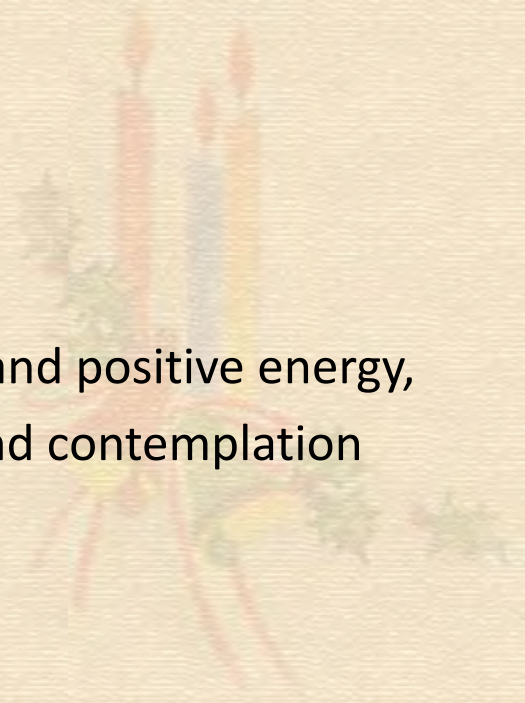
During the crazy holiday season you might forget to stop and take care of yourself

Learn how to manage all aspects of self-care and stay healthy this holiday season



Maintain Self-Care

- Self-care involves all aspects of your life—physical, emotional, mental and spiritual.
- It can take many forms, including:
 - General fitness and exercise
 - Health
 - Hygiene
 - Nutrition and vitamins
 - Sleep and stress management
 - Life skills
 - Activities and people who bring you pleasure, fun and positive energy,
 - Giving yourself the time and space for quietness and contemplation





Stop the Spread of Germs

During the cold months, flu and colds can be very easy to catch. Know how to avoid spreading germs in your house this holiday season.

Tips:

- Throw away sponges
- Don't use a common tooth brush holder for the family
- Don't use the same cutting board for vegetables and meat
- Wash your hands regularly

Remember germs are everywhere:

- TV Remote
- Tub and Shower
- Pet Food Dish
- Kitchen Cloth and Sponges
- Microwave Touch Screen
- Light Switches and Door Knobs
- Baby's Changing Table
- Kitchen Faucet



Be Prepared

You know it's coming, so make sure to be prepared for the holidays. Remember these tips along the way:

- **Moderation is the key!** Whether it is food, drink or festivities...think quality not quantity.
- **Rest, rejuvenate and recover!** Try not to over commit to more than you can handle. See the holidays as a time for renewal.
- **Drink more water!** A well-hydrated body can better manage sugars, fats, alcohol and stress.
- **Take your vitamins!** Although you will be eating plenty, your body needs nutritional fortification to handle the demands of the holidays.
- **Make healthy food choices!** There will be plenty of cookies, pies and fudge... to offset our intake, choose nuts, fruits and vegetables as appetizers or snacks.
- **Be active!** Physical activity is not only good for our physiological and mental processes, it can help with our spirit, stress and emotions during the holidays. Try and plan your meals earlier so you can take family walks after meals.
- **Moderate alcohol consumption!** Remember that alcohol is a depressant – a little can be pleasure, a little too much can be a nightmare.
- **Count your blessings!** Your health, family, work and play...thank goodness, be thankful.
- **Be mindful!** What do the holidays mean to you and your family? How could you accentuate something of importance for yourself or your family?
- **Be thankful toward others!** How could you help someone else appreciate the holidays more? Who should you recognize for helping you during this past year?