

## Healthy Living Tips From



200 Trenton Road • Browns Mills, NJ 08015

### HEALTHY LIFESTYLE TIPS FOR THE HOLIDAYS

Maintaining a healthy weight—and trying not to gain weight!—during the holidays can be challenging. Holiday parties and family gatherings present special challenges when it comes to eating healthily, often threatening to railroad your best-intentioned plans to try not to gain weight during the season. A good goal for this time of year is to savor the holiday moments—but not give opportunity to regret overindulging after the season has passed.

With just a little planning, you'll still enjoy goodies and parties, without worrying about gaining weight or the toll on your heart! And--you'll be doing yourself a favor, by setting your goal on weight maintenance, while still savoring great-tasting foods.

Try these tested tips to help keep you on track during holiday celebrations:

~ Grab a healthy snack to eat before leaving home—this reduces your risk of overeating at the party.

~ Be in control! Have your plan in mind before you enter the room or sit at a loaded table—decide ahead of time to check out the foods first, and then look around, deciding what and how much you'll eat.

~ Be aware of your portions—if you really want to have something offering little nutritional value, then...just limit your intake of it! You can enjoy less—maybe a half-cup of eggnog or a dollop of rich gravy—and still savor all the delicious flavors.

~ Be aware of mindless eating—don't squander precious calories on something stale, store-bought or blah during a coffee break or meeting. Make a promise to yourself that you'll wait instead and savor every bite of those delish holiday treats.

~ Save the best for last! Being mindful of what you're eating during the holidays doesn't mean you have to deprive yourself of holiday goodies—just save them for last, eating those healthy salads, crunchy vegetables and fruits *first*.

~ If you already have an exercise schedule, don't throw it out the window during the busy holidays. With stressors in abundance, emotional eating—binging on unhealthy foods--can derail your good intentions. But did you know that exercise can be an extremely effective stress reliever? Try these simple tips to down your stress and up your outlook:

- Take the stairs instead of the elevator.

- Park a little further from that store, to add more steps in your day
- Step up the pace while you're shopping
- Don't forget: Plan ahead to stroll around the block after that wonderful dinner—or even before enjoying it!

Remember: Every good thing you do for your health—each healthier choice of the moment—adds up to a better quality of life!

*For an appointment with a Deborah specialist or more information about how Deborah Heart and Lung Center's leading-edge technologies can improve your quality of life:*

*Request info/an appointment: [www.demanddeborah.org](http://www.demanddeborah.org) ~*