

Happy Holidays!

HEALTHY HOLIDAY TIPS

Ways to avoid weight gain
and reduce stress this
holiday season.





OBJECTIVE

1. Learn tips to keep healthy, reduce stress and prevent weight gain during the holidays.

HOLIDAYS "SAYINGS"



"This is the only time of the year I get to eat this food."

"This reminds me of home" or "this taste like my moms."

"I don't want to offend anyone, by turning down thier food."

"I'll start eating better after the holidays".

"This is my last one."

What are some other ones?

HOW MUCH
WEIGHT DOES THE
AVERAGE PERSON
GAIN DURING THE
HOLIDAYS ?

- A. 5 POUNDS
B. 1-5 POUNDS
C. 1-2 POUNDS
D. 7-8 POUNDS



ANSWER

Most adults gain *1-5 pounds* between Thanksgiving and Christmas

This weight gain accounts for weight gain seen in adults annually.


LET'S BE REALISTIC

Don't try to lose pounds
during the holidays,
instead try to maintain
your current weight.

Prevention of holiday
weight is the best
strategy!



6 Strategies To Avoid Weight Gain and Reduce Stress





DON'T SKIP BREAKFAST

A

Eat breakfast and consumer fewer calories throughout day

B

Include fiber food like fruits, veggies, whole grain, nuts, legumes

C

Fiber rich food keeps you fuller longer

PORTION SIZE

1. Use a small plate
2. Fill plate with fruits and vegetables first
3. Salads eat first, fewer calories
4. Eat slowly





COOKING METHODS

A

Instead of frying, grill your food.

B

Roast foods with low-calorie spray oils.

C

Steam vegetables to retain nutrients and flavor.

MAINTAIN PHYSICAL ACTIVITY

PA

1. Walk before & after dinner
2. Play catch
3. Basketball with the kids
4. Bike Ride

SHORTER WORKOUTS ARE
BETTER THAN NO
WORKOUTS!



EXERCISE IDEAS

Here are calories burned in one hour
on average:

- Walking 300 cal
- Dancing ,ballroom 290 cal
- Aerobic 500 cal
- Running 10 minute mile 745 cal

Adults need 2½ hours a week and teens 1 hour each
day of physical activity.



REDUCE STRESS



Do less, enjoy more

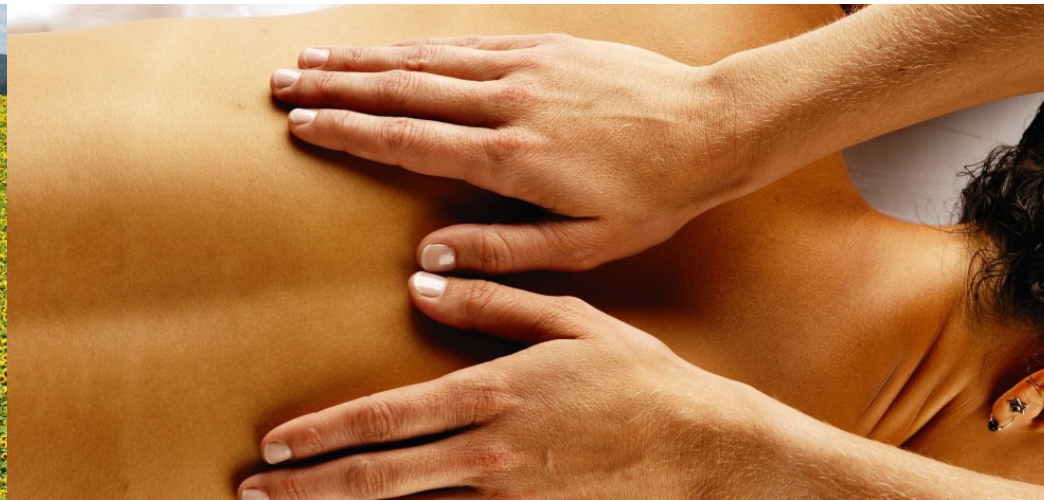
Get out the house , walk off your worries

Get some sun

Rest/sleep

Go tech free

Relax, get a massage





TAKE AWAY'S



1. Eat Frequently, don't skip meals
2. Portion size, use small plates
3. Avoid overeating
4. Alternative cooking methods
5. Be Active
6. Reduce stress



A top-down view of a white bowl filled with a thick, orange-red soup. The soup contains chunks of white cheese, green leafy vegetables, and a slice of tomato. A sprig of fresh basil is garnishing the top. The bowl sits on a dark, textured wooden surface. Scattered around the bowl are several red chili peppers, a sprig of basil, a slice of tomato, and a small piece of cheese. A knife is visible in the bottom left corner.

#EAT WELL. STAY FIT. BE HAPPY!

Resource:<https://www.urmc.rochester.edu/medialibraries/urmcmedia/nutrition/documents/December-Holidayeatingtips.pdf>

FiveFiftyTwo.org