

## How to Eat Healthy and Stay Active over the Holidays

The average American gains one to two pounds during the six weeks between Thanksgiving and New Year's Day. This doesn't sound too bad. However, recent studies show that once gained, we don't tend to shed these extra pounds. And after a few years, it can really start to add up.

Check out the following tips to avoid weight gain and stay physically active during the upcoming holiday season.

- Eat a healthy snack before going to a party to keep from filling up on too many fattening foods.
- Limit yourself on alcoholic beverages and don't smoke.
- Eat a healthy breakfast. It will provide nutrition and help control cravings later in the day.
- Eat slowly. You'll likely find you're full and don't really want seconds.
- Go easy on the holiday cookies and cakes. Have one special dessert or split one with a friend.
- Pick up your walking pace while running errands and shopping.
- Get others to go for a walk with you to view the holiday lights, look for a tree to cut, or visit a relative, friend, or shut in.
- Go cross-country skiing or skating. It's inexpensive, lots of fun, and great exercise.
- Go sliding. It is a great way to get some exercise and have fun during the holidays.
- Shovel the driveway for a productive workout and a chance to breathe in some fresh air and a quiet winter scene.

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