‘Tis the Season
Celebrate with Energy and Cheer
Maintaining Energy

• Snack mindfully

• Stay active

• Restore with sleep

• Fill your holiday with cheer
Snacking Mindfully

Healthy snacks, happy body!

• 100-200 calories
• Lean proteins, high fiber
  – Examples: Whole grain roll with peanut butter and banana, hummus with carrots, fruit smoothie
• Less likely to overeat at parties
• Keeps energy levels up for busy holiday schedule
• Lessens cravings for high fat, high sugar food
• Snacking helps to maintain steady blood sugar
The Joy of Activity

Physical activity helps to increase energy and decrease fatigue

- **Schedule**
  - *Dedicate the same amount of time, even if it is split up*
- **Make a new, active tradition**
  - *Turkey trot, ice skating*
- **Actively watch your favorite holiday movie**
  - *March, stretch, move during the commercial breaks*
- **Travel options**
  - *Resistance bands, walking, body weight exercises*
- **Indoor options**
  - *DVD’s, mall walking, playing with kids*
- **Add movement where you can**
  - *Counter push-ups while cooking, taking the stairs*
More Sleep for Merriment

• Sleep helps to increase energy, mood, memory immune function, and even metabolism

• How much?
  – Most adults need between 7-9 hours of sleep per night

• Ensuring quality
  – Scheduling
  – Bedtime routine
  – Dark, quiet, comfortable environment
  – Avoid heavy meals 2-3 hours before bed
  – Exercise regularly
  – Avoid alcohol close to bedtime
Emotional Health

• Don’t sweat the small stuff

• Seek little pleasures

• Remember, the holidays are supposed to be fun!
  – What is your favorite part of the holidays?

• Take a minute:
  – Diaphragmatic breathing
  – Physical activity
  – Music
Fill Your Holiday With Cheer

• Combined, vitality and optimism encompass the spirit of the season:
  – Vitality: The capacity to live, grow and develop
  – Optimism: A feeling or belief that good things will happen in the future
• Positive Self-talk
• Volunteer
• Smile!
  – Studies show that facial expressions have an impact on our mood. Smiling more elevates mood.
Happy and Healthy for the Holidays

• Maintaining energy and a positive outlook ensures that we can take care of those we love during the holidays

• HEAR ME
  – H-health (Treat physical illness)
  – E-exercise regularly
  – A-avoid mood-altering substances
  – R-rest (balanced sleep)

  – M-mastery (one rewarding, daily activity)
  – E-eating (balanced diet)
Make this a healthy holiday season by taking care of YOU and YOURS!

Some take home points from today:

• Indulge in things that make you happy, in moderation, as a way to stay healthy and happy

• Plan ahead as much as possible to enjoy the holidays in the way that is healthiest for you- make deliberate choices

• Be mindful of your choices with food, drink, and other indulgences to build vitality and happiness

• Take time during these busy days to rest, recharge, relax and renew, either alone or with others you care about
THANK YOU FOR JOINING US!