

2018

# November

## Healthy Weight

### Healthy Holiday Choices

- **Don't skip breakfast.** If you don't commit to breakfast, you may spend the rest of the day overeating.
- **Graze.** Eat small meals throughout the day. It helps you keep your blood sugar and energy levels steady. You'll be less likely to feel moody or stressed, and you'll be less likely to overeat at parties.
- **Stay hydrated.** Choose water or low-calorie drinks.
- **Work out.** Exercise keeps your metabolism going, helps you digest and burn off calories, and can stabilize your mood.
- **Veg out.** Hit the crunchy vegetables. Hard. They'll fill you up, making you less likely to overeat.
- **Go lean.** Choose lean proteins: turkey (without the skin), fish (skip the fatty sauce), and pork. They can fill you up and give you lots of energy.
- **Embrace the season.** Enjoy the festive holiday fare you can't get any other time of year, like stuffing and pumpkin pie. Have those special foods in small amounts, but avoid things you can get all year, like mashed potatoes.
- **Give in.** If a tiny portion of pie won't cut it, then eat a full slice, just this once. But consider leaving the crust, which is filled with saturated fat and calories.
- **Think small.** Always use a small plate if there's a choice. That helps you keep portions modest.
- **Don't crowd your plate.** Don't let your foods touch.
- **Have one bite.** Eat all the desserts you want, but just one bite of each.
- **Choose fruit.** Contribute to the party by bringing a big fruit salad. The sugars in fruit can squelch your desire for other sweets.
- **Savor your food.** Taking time to appreciate each bite can help you eat less.
- **Take stock.** When holiday food cravings hit, stop and ask yourself, "Am I really hungry?" Just a few seconds might reveal that you're really just tired or sad, or feeling something else that's not hunger.

Balanced Wellness



[www.BalancedWellnessKY.com](http://www.BalancedWellnessKY.com)

502-716-7773



2018

# November

## Healthy Weight



SUN

MON

TUE

WED

THU

FRI

SAT

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

1

2

Start this month focusing on your health goals. Write your three new health goals to the left.

3



4

5

Use mindful eating habits to ensure you do not overindulge this holiday season.

6



7

8

Eat a snack of vegetables before attending holiday parties to lessen your cravings.

Learn more [here](#).

9



10

11



12

13

Increase your step goal before the holidays. This will help you stay on track.

Learn more [here](#).

14



15

16

Create a to-do list to keep your stress levels balanced this holiday season.

17



18

Take a healthy holiday dish alternative to your next holiday party.

[Start with this healthy recipe.](#)

19



20

21

Connect with the people you care about this season. Take 10 minutes to talk to a loved one.

22



23

24

25



26

27

Take a dance break during your cooking sessions to add activity in your day.

Learn more [here](#).

28



29

30

Did you meet your health goals this month? Check them above.