

'TIS THE SEASON FOR TEMPTATIONS

While the holidays are an exciting and eventful time of year, holiday festivities can often revolve around eating and drinking. We tend to get so busy around this time, we may put our healthy eating habits and exercise on the back burner.



The average person expects to gain **7 pounds** during this holiday season.



A survey of 2,000 Americans revealed that **56 percent** are using the holidays as an excuse to postpone their healthy choices.

It's important to remember that indulging occasionally is normal, but to avoid doing so every day during the holiday season.

7 TIPS TO STAY HEALTHY FOR THE HOLIDAYS

Make the effort to create a balance and shift the focus off the food and to more of the conversations and interactions with family and friends. Try some of these helpful tips this holiday season:



Stay active. Keep moving each day to balance out the extra calories which may be consumed.



Remember balance and portion control. Try using a smaller plate so you don't overfill. Wait 10 minutes after you finish eating before considering seconds. Balance your plate with healthy foods.



3 **Make the meal last.** Plan on enjoying the meal and conversation for at least 20 minutes. Chances are, it took you a lot longer to get it on the table.



4 **Eat consistently** throughout the day so you're not famished by the time the holiday meal comes around.



5 **Get your beauty sleep.** Poor sleep can leave you feeling run down and make you more prone to hunger and sickness.



6 **Manage your stress.** The holidays tend to be about others but make sure to set aside some time for YOU.



7 **Limit alcohol.** Drink water in between each alcoholic drink. Cut down on your intake and have a set designated driver in advance.

TOP 2021 RESOLUTIONS

Start thinking ahead and plan your "New Year" goals! Once you have goals in mind, you can prepare in advance.

Exercising more



26%

Making healthier food decisions



25%

Focusing on self-care



21%

#ibpwellnesstips
Healthier Together

Source: cdc.gov, <https://todayheadline.co/majority-of-americans-are-giving-up-on-healthy-habits-and-writing-off-the-end-of-the-year/>

Disclaimer: Please note that this tip sheet is educational and not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.