

### SET YOURSELF UP FOR A HEALTHY HOLIDAY SEASON

Stress management, nutrition, and physical activity tips to keep you jolly and merry!

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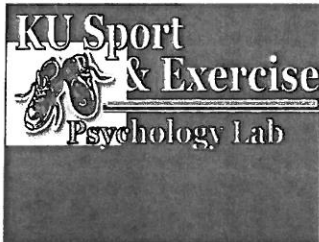
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### INTRODUCTIONS



- Mary Fry**
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- Candace Hague**
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- Daniel Rosen**
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- Sheryl Miller**
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### TODAY'S ROAD MAP

#### Steps for a Healthy Holiday Season

- Stress Management
  - Tips and Tricks
- Healthy Food Choices
  - Game
  - Holiday Food Preparation
  - Navigating Parties
- Physical Activity during the busy season
  - Little things, big results



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### NAUGHTY OR NICE?

White Meat



Dark Meat



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### NAUGHTY OR NICE?

White Meat



White meats, in general, are lower in fat and calories

Dark Meat

Dark meat has more fat per bite than white meat.

Avoid darker meats

Make both nicer: The skin of turkey and chicken is loaded with saturated fat. Per gram, all fats are higher in calories than protein or carbohydrates. Saturated fat is linked to heart disease and high cholesterol

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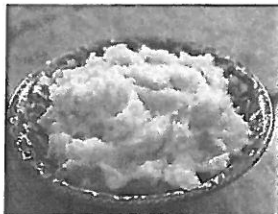
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### NAUGHTY OR NICE?

Stuffing



Mashed Potatoes



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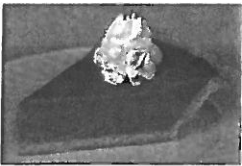
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**NAUGHTY OR NICE?**

|  |   |
|--|---|
| <p>Pecan Pie</p>  | <p>Pumpkin Pie with Whipped Cream</p>  |
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**NAUGHTY OR NICE?**

|   |  |
|---|--|
| <p>Pecan Pie</p> <p><b>Make it nicer</b></p> <ul style="list-style-type: none"><li>• Nibble on bowl of mixed nuts instead</li><li>• Opt for a sliver of slice</li><li>• Don't eat the crust</li></ul> | <p>Pumpkin Pie with Whipped Cream </p> <p>Pumpkin packs the nutrients and antioxidants and is also lower in calories and fat</p> <p><b>Make it nicer:</b></p> <ul style="list-style-type: none"><li>• Skip the topping</li><li>• Don't eat the crust</li></ul> |
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**NAUGHTY OR NICE?**

|   |  |
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| <p>Wine</p>  | <p>Low-Fat Egg Nog (without alcohol)</p>  |
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### PORTION CONTROL

**Meat**


|   |             |             |     |
|---|-------------|-------------|-----|
|  | <b>Palm</b> | <b>Meat</b> | 3oz |
|   | 3 ounce     | Fat         | 10g |
|   |             | Protein     | 25g |

OR




3 or (75 g) number of cards  
or meat in the same  
deck of cards

**Cheese**


|   |              |                   |     |
|---|--------------|-------------------|-----|
|  | <b>Thumb</b> | <b>Particular</b> | 1/2 |
|   | ounce        | Hard cheese       | oz  |

OR




1 or (25 g) number of dice  
or cheese in the same  
roll of dice

**Snacks**

|   |                   |                   |     |
|---|-------------------|-------------------|-----|
|  | <b>2 Handfuls</b> | <b>2 1/2 cups</b> | 1/2 |
|   | Truman            | Popcorn           | oz  |
|   |                   | Pretzels          | oz  |

**Fats/Sugar**

|   |                 |                    |     |
|---|-----------------|--------------------|-----|
|  | <b>Thumb Up</b> | <b>Cooking oil</b> | 1/2 |
|   | Thumbs up       | Nontrans fat       | oz  |
|   |                 | Sugar              | oz  |

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### PHYSICAL ACTIVITY

Balance "party calories" with more physical activity.


Burning 100 extra calories a day leads to a 10 pound weight loss in a year

Eating 100 extra calories a day leads to a 10 pound weight gain if we do not use that energy

- 10 min or less

"Little things" make HUGE difference

How can you add more physical activity this holiday season?




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### PHYSICAL ACTIVITY IDEAS

|  |  |
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| Offer to help carry gifts, food into house | Take the stairs                                      |
| Clean, clean, clean                        | Walk around the mall while gift shopping             |
| At-home workout videos                     | Park far away from stores                            |
| Gratitude family nature walk               | Play with grandkids, nieces, nephews, pets           |
| Family walk before/after meal              | Feel Good Fitness Robinson Staff and Faculty Program |
| Physical Games                             |  |
| • Football, tag, kickball                  |  |
| Desk workout                               |  |
| • Chair squats, desk push-ups              |  |



KU STAFF & FACULTY EXERCISE PROGRAM  
ROBINSON CENTER  
FEEL GOOD FITNESS

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