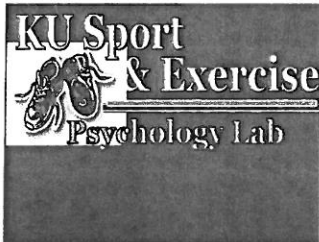


SET YOURSELF UP FOR A HEALTHY HOLIDAY SEASON

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

INTRODUCTIONS



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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



NAUGHTY OR NICE?

White Meat



Dark Meat



NAUGHTY OR NICE?

White Meat



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

Dark Meat

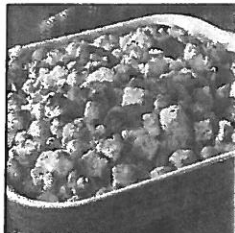
Dark meat has more fat per bite than white meat.

Avoid darker meats

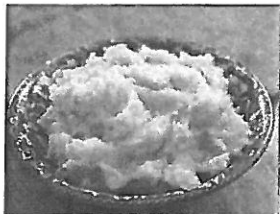
Make both nicer: The skin of turkey and chicken is loaded with saturated fat. Per gram, all fats are higher in calories than protein or carbohydrates. Saturated fat is linked to heart disease and high cholesterol

NAUGHTY OR NICE?

Stuffing




Mashed Potatoes

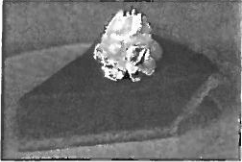


NAUGHTY OR NICE?

Pecan Pie



Pumpkin Pie with Whipped Cream




NAUGHTY OR NICE?

Pecan Pie

Make it nicer

- Nibble on bowl of mixed nuts instead
- Opt for a sliver of slice
- Don't eat the crust

Pumpkin Pie with Whipped Cream




Pumpkin packs the nutrients and antioxidants and is also lower in calories and fat

Make it nicer:


- Skip the topping
- Don't eat the crust

NAUGHTY OR NICE?

Wine





Low-Fat Egg Nog (without alcohol)




PORTION CONTROL



Meat

	Palm 3 ounces		Meat Fats Poultry	3 1/2 3 1/2 3 1/2
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OR


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



Cheese

	Thumb ounce		Pacifier Hard cheese	1 1/2 3 1/2
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OR


1 stick (1.5 oz)

Snacks

	2 Handfuls 1 ounce		Popcorn Pretzels	1 1/2 1 1/2
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Fats/Sugar

	Thumb Up 1 teaspoon		Cooking Oil Margarine, butter Sugar	1/2 1/2 1/2
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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?



PHYSICAL ACTIVITY IDEAS

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	

