SET YOURSELF UP FOR A HEALTHY HOLIDAY SEASON

INTRODUCTIONS

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TODAY'S ROAD MAP

Steps for a Healthy Holiday Season
- Stress Management
  - Tips and Tricks
- Healthy Food Choices
- Exercise
- Holiday Food Preparation
- Navigating Parties
- Physical Activity during the busy season
- Little things, big results
NAUGHTY OR NICE?

White Meat
![Image of white meat]

Dark Meat
![Image of 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 nice. 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
![Image of stuffing]

Mashed Potatoes
![Image of mashed potatoes]
**NAUGHTY OR NICE?**

Pecan Pie | Pumpkin Pie with Whipped Cream

Make it nicer
- Nibble on bowl of mixed nuts instead
- Opt for a slice of rice
- Don't eat the crust

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 Eggnog (without alcohol)
PORTION CONTROL

Meat

Cheese

Snacks

Fats/Sugar

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.

Clean, clean, clean.

At-home workout videos.

Gratitude family nature walk.

Family walk before/after meal.

Physical Games


Desk workout

- Chair squats, desk push-ups.

Take the stairs.

Walk around the mall while gift shopping.

Park far away from stores.

Play with grandkids, nieces, nephews, pets.

Feel Good Fitness Robinson Staff and Faculty Program.