

HO HO HO! Healthy Holidays!

Get A Life! wants you to have a happy and healthy holiday!

During December, focus on 4 habits to prevent holiday weight gain and stay healthy:

1. Be active in small ways.
2. Eat healthy most of the time.
3. Manage stress so you can make healthy choices.
4. Plan ahead for high risk holiday times.

It's a busy time of year, so don't try to make big changes to your eating and physical activity habits. Aim for simple healthy choices, and focus on maintaining your current weight.

DECEMBER GOAL: Make a List! You are probably making lots of lists... groceries, presents, and to-do's. But, it's important to make a list for your health, especially during hectic times.

For each of the 4 healthy habits, make a list of easy ways you can fit health into your holiday.

Have a Healthy Holiday!



1. Be active in small ways.

Example: Park farther away when shopping.

2. Eat healthy most of the time.

Example: Keep tempting leftovers or treats out of sight.

3. Manage stress so you can make healthy choices.

Example: Keep a notebook and write down to-do's.

4. Plan ahead for high risk holiday times.

Example: Pack healthy snacks when traveling.



Visit *Get a Life!* at www.kidsgetalife.org
for more ideas for a healthy holiday.

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