

HEALTHFUL TIPS

Healthy, Happy Holidays

The holiday season, with all the wonderful sights, sounds and traditions, is here. It is possible to get the most from your holiday season and keep your commitment to a healthy lifestyle.

Enjoy a healthy version. Find new low-calorie, low-sugar versions of your favorite holiday treats. Not only can you find recipes for just about anything in a healthier version, you can read the reviews to see if it actually tastes good before you try it. Take a sugar-free treat to gatherings to share.

Give yourself a gift. Indulge in a massage, buy that new shirt you've been looking at or order a fun new gadget. You've worked hard this year and it is good to celebrate and treat yourself to something that you will enjoy.

Find quiet time. The holidays can be stressful. A few minutes with candlelight and soft music or a brisk walk on a star-filled night can do wonders to restore your peace and sanity.

Don't skip the exercise. It is hard to keep to your usual exercise routine this time of year, but it will keep you energized and help to equalize a few extra treat calories. Build activity into celebrations: a co-worker bowling party, a snowball fight with your extended family, a visit to a local museum with your neighbors.

Eat healthy. Don't abandon all of the healthy eating behaviors you've put in place. Continue to pack your lunch and snacks, prepare healthy meals at

It's good to be blessed. It's better to be a blessing.

home, and build protein into your six small meals. The holiday season is not an excuse to eat whatever you want.

Focus on giving to others. Reaching out and helping others lifts your spirit like nothing else. There is no end of people in need. Find a person or cause that you are passionate about and find a way to help.

Embrace a sense of gratitude as you go through your day. We all have so much to be thankful for.

Take time to notice the natural beauty that surrounds you. Yep, even that snow is really beautiful as it covers the trees and ground. The long nights give lots of opportunity for stargazing. Winter sunrises and sunsets can be spectacular. And when the sun shines, that's worth stopping to take notice.

Wishing you and your family a very healthy, happy and blessed holiday season!

