

## Keep Your Heart Healthy for the Holidays

'Tis the season to be jolly with family and attend holiday festivities full of food and sweet treats. Celebrating this joyous time can provide temptations and disrupt your daily routine, making it easy to get off track.

Holiday-proofing your wellness plan can help you stick to your health goals. You may not be able to control what is served and feel tempted to join others and splurge. Here are some holiday hacks to plan ahead and meet the challenge.

- Plan time for exercise. Being active helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try to get in a 10- or 15-minute brisk walk each day.
- Don't skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.
- Survey party buffets before filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits FIRST to keep your plate balanced.
- Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.
- Be careful with beverages. Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.
- If you overeat at one meal, go light on the next. It takes 500 calories per day (or 3,500 calories per week) above your normal/ maintenance consumption to gain one pound. It is not about one meal, but your overall eating habits.
- Take the focus off of food. Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations or a gingerbread house. Plan group activities with family and friends that aren't all about food. Try serving a holiday meal to the community, playing games or going on a walking tour of decorated homes.



### QUOTE CORNER

“The Holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.”

**Terri Marshall**

To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact Amineh Harvey at [harveya@snhd.org](mailto:harveya@snhd.org).