

8 Healthy Holiday Tips ...



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**8 simple tips for a
healthy holiday
season!**

- **Don't go hungry** to your holiday events.
- **Avoid Portion Distortion** - Use the smallest plates available for built in portion control.
- **Ask for help** to decrease stress. Stress will sometimes lead to overeating.
- **Offer leftovers** to guests to decrease temptation and picking.
- **Chew your food well.** Take your time eating. It takes 15-20 minutes for your stomach to signal your brain that you are full.

- **Schedule** time for exercise.
- **Emphasize** the social interactions, not the eating, when at holiday events.
- **Don't hang out** around the food when socializing. Temptation will eventually get most of us!

Happy Holidays and remember, it's easier to stay healthy than to get healthy!

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