



5 TIPS FOR A HEALTHY HOLIDAY SEASON

JENNA APPEL, MS, RD, LDN, CDCES
JENNAMAPPEL@GMAIL.COM

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Set goals for the holiday but be realistic.

Make short term goals that mirror your long term goals; including eating, exercise, sleep and hydration.

Take time each week to make a schedule and stick to it!

Set aside time to exercise, meal plan, shop and plan for the indulgencies by adding extra physical activity.

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Make good party decisions as a guest.

Enjoy the people, eat/drink in moderation and bring a healthy dish to share.

Make good party decisions as a host.

Offer more vegetables based foods, get your guests active, and change up the sizes of your plates, bowls, and spoons.

Watch the "sneaky calories."

Choose foods that are made with all natural ingredients, avoid added sugars, colors and flavors.

Be sure to read food labels carefully.