

# STAY HEALTHY THIS HOLIDAY SEASON

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## NEWS YOU CAN USE

### Do Not Forget These Other Great Resources:

Healthwise® Handbook, the 24-Hour Nurse Line, Nurse Online Chat, Audio Health Information Library® and you can go online to [www.express-health.com](http://www.express-health.com) for links to reliable health information.

### Challenge:

Weigh yourself today with the goal of maintaining this weight through the holidays.

[www.livestrong.com](http://www.livestrong.com)

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The holiday season is a time for family, friends, and good food. Unfortunately, because food tends to be the main attraction during this time of year, maintaining weight or weight loss often falls to the wayside. Here are some helpful tips to help you stay healthy while you continue to work towards your weight management goals.

### REMEMBER THE REASON FOR THE SEASON:

- Keep your mouth and mind busy by talking and spending quality time with friends and family.
- Take a walk around the neighborhood to enjoy the beautiful lights and lawn decorations.
- To divert the focus from food, position yourself away from the buffet table.

### KEEP TO YOUR USUAL ROUTINE:

- If your day is going to be busier than usual due to holiday tasks, do your best to stick to your exercise routine, even if it has to be modified. If you stop your exercise, it will only be that much harder to return to your normal weekly exercise.
- Take an extra lap around the mall during holiday shopping sprees.
- Maintain your usual eating schedule and eat 3 meals a day. This will keep you from overeating at holiday celebrations and maintain a healthy metabolism.
- Keep your eating out or restaurant meals to a minimum.
- Pay attention to hunger cues and stop eating before you feel full. At this time, pop in a piece of gum or breathe mint to keep you from eating more.

### TIME FOR THE PARTY:

- Stick to one plate of food at parties. You are still able to eat all your holiday favorites, just keep your portion sizes within reason. Do not go back for seconds.
- Bring a healthy and delicious dessert to the party that you will be able to enjoy without running up your daily calorie, fat, or sugar intake.
- Avoid alcoholic beverages and sodas, which are full of empty calories. Drink water or alternate water with your higher calorie drinks.
- Try to make your plate colorful. This will help to ensure you are filling up on high fiber foods such as fruits, vegetables and whole grains.
- Use veggie dips and cheese spreads sparingly. Remember, there are approximately 60 calories in 1 tablespoon of veggie dip.