



Healthy Holiday Tips

“After (Paul) had said this, he took bread; and giving thanks to God in the presence of all, he broke it and began to eat.” Acts 27:35 (NRSV)

During the holidays, enjoying fine food and desserts is a part of the fun. But, giving in to excessive temptations leads to weight gain and unhealthy behavior “relapses.” By applying a few strategies, one can remain healthy and happy during the holidays.

First, write a very specific plan of allowed indulgences and ways to return to pre-party behavior. Help minimize weight gain by taking smaller food portions, selecting more vegetables, and not adding salt or butter. Also, skip second servings. When selecting desserts, choose fruit desserts or smaller portions of favorite desserts. Complete meals with enjoyable after-dinner walks. Finally, avoid going to celebrations hungry, as this leads to overeating. Apply these tips and enjoy the holidays while keeping health a priority.

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation’s Health & Wellness liaison.

(Used with permission from Melissa Bopp, Ph.D., Assistant Professor, Department of Kinesiology, Kansas State University, and the Health-e-AME Physical-e-Fit program, 2010.)



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