



THE Wellness JOURNEY

on the road to good health

December 2008

A MONTHLY ELECTRONIC NEWSLETTER TO EDUCATE, INFORM AND MOTIVATE PARENTS, TEACHERS AND CAREGIVERS AND ENCOURAGE THEIR HEALTHY LIFESTYLES AS THEY REINFORCE THE INFORMATION YOUTH RECEIVE THROUGH WELLNESS JOURNEY PROGRAMMING AND ACTIVITIES.

Even the happiest of holidays can be accompanied by not-so-healthy activities. To make this busy time of year as healthy as possible, keep in mind the following healthy holiday hints.

Don't abandon healthy eating habits. Instead of letting holiday meals and parties tempt you into a dietary free-for-all, plan ahead and make smart food and drink choices.

- A little indulgence is OK, but overindulging will only add to your stress and guilt, as well as make you feel tired and dragging.
- Have a healthy snack before holiday parties so you don't go overboard on sweets, cheeses or drinks.
- Choose fresh fruits and veggies, low-fat crackers and diet soda from the buffet. Fish and chicken are lean protein choices.
- Decrease caffeine consumption and limit alcohol consumption.
- Adapt your holiday recipes. Look for low-fat or no-fat alternative ingredients. Cut one or two high calorie dishes from the menu and try a new recipe with healthier ingredients.

Take care of your health

- Get enough sleep. You'll have more energy for fun.
- Get moving! Don't let cold weather keep you from getting exercise. Try some of the physical activities listed below to keep you and your family moving together.

Minimize stress

- Learn to say "no" to less important activities. Be selective. Choose those activities that mean the most.
- Schedule some "down time" to rest, reflect and recharge.
- Delegate. Let others help with the holiday chores and activities.

Ideas to get you moving!

- Put on the Christmas music and dance!
- Break out the active games, like Twister.
- Talk a walk around the neighborhood to see the holiday decorations.
- Take the family to a gym or recreation center to swim, shoot baskets or play a game.
- Park once, then walk. Don't drive from store to store when they are just a few blocks apart.
- Park away from the door at the mall or grocery store; add some steps to get to your destination.
- Look for active, family fun activities. Go bowling or ice skating or find an indoor water park.

Enjoy your holidays! For more information on the Wellness Journey and ideas for healthier families, log on to www.healthyhenrycounty.org