

Tips For A Happy, Healthy Holiday Season

The Holiday Season is a time to enjoy being family and friend. It's also a time when our plans to eat and live more healthfully can fly out the window. But it is possible to keep your focus on health and enjoy all the celebrations and festivities. Here are a few of my favorite tips and strategies:

1. **Take 10 before taking seconds.** It takes a bit for your stomach's "I'm getting full" signal to get to your brain. After finishing your first helping, take a 10-minute break. Make conversation. Drink some water. Then recheck your appetite. You might realize you are full, or want only a small portion of seconds.
2. **Don't go out on an empty stomach.** Before setting out for a party, eat something so you don't arrive famished. Excellent pre-party snacks combine complex carbohydrates with protein and unsaturated fat, like apple slices with peanut butter.
3. **Don't shop hungry either.** Eat before you go shopping so the scent of Cinnabons or caramel corn doesn't tempt you to gobble treats you don't really need.
4. **Drink to your health.** A glass of eggnog can set you back 500 calories; wine, beer, and mixed drinks range from 150 to 225 calories. If you drink alcohol, have a glass of water or juice-flavored seltzer in between drinks.
5. **Find opportunities to stay active.** Dancing is a great way to work off some holiday calories. If you are at a family gathering, suggest a walk before the feast or even between dinner and dessert.
6. **Make room for lots of colorful veggies.** At meals and parties, don't ignore the vegetables. They make great snacks and even better side or main dishes — unless they're slathered with creamy sauces or butter.
7. **Be the boss of the buffet.** At a buffet, wander around the food table before putting anything on your plate. By checking out all of your options, you might be less inclined to pile on items one after another.
8. **Pay attention to what really matters.** Although food is an integral part of the holidays, put the focus on family and friends, laughter and cheer. If balance and moderation are your usual guides, it's okay to indulge once in a while.

Have a wonderful holiday season!

Wild Lotus Wellness, LLC | Holly Ann Ellis, INHC | www.wildlotuswellness.com | (646) 979-8796