

Healthy Holiday Survival Guide

The holidays don't have to derail your healthy habits and wellness journey. Use these tips to help you stay on track while enjoying the holidays!

Eat Slowly.

Savor the flavor and enjoy conversations! Eating slowly is a simple way to *consume less calories*. Also, setting down your fork or spoon between each bite is an easy way to eat more slowly.



Don't Stress.

It's easy to feel stressed during the holidays. *Focus on the positive*, and take some time to have fun and **r * e * l * a * x**

Take the Stairs.



Skip the elevator and escalator and, instead, take the stairs! Climbing stairs is a great way to *burn extra calories* while you're out shopping! Plus, climbing stairs is an excellent functional exercise! So, get to steppin' this holiday season!

Drink Some Water!



Drinking water before your holiday feast will not only keep you hydrated, but help keep you from *overeating*. It's also a great way to curb snacking – *people often confuse thirst for hunger pangs!*

Beware Liquid Calories.

Alcohol, eggnog, soda and lattes taste great and go down easy, but carry **A LOT** of calories. Opt for *smaller sizes* and *limit how much* you consume.



Call in a Sub.

There are many **easy recipe substitutions** that can health-ify your holiday recipes without sacrificing flavor!



- Use **unsweetened applesauce** instead of oil when baking.
- Use **1% or 2% milk** instead of whole milk.
- Use **whole wheat flour** for 1/3 or 1/2 what the recipe calls for.
- Use **extra virgin olive oil** instead of butter in savory recipes.
- Use **low-fat ground turkey** instead of ground beef.
- Use **low-fat plain yogurt** in place of sour cream.
- Cut the amount of salt in half, and use **herbs** for flavor.



Don't Forget to Workout.



Try your best to step away from the "I'm too busy to workout" mindset during the holidays! There are simple and fun exercises you can do right in the comfort of your own home. All you need is your body, a little space to move and some holiday tunes!

The 12 Days of Christmas Workout

Start with 1, then 1, 2, then 1, 2, 3... adding on until you've completed all 12 exercises!

1. **5 Burpees** (with or without the jumps)
2. **5 Push-Ups** (knees or toes)
3. **10 Squat Jumps** (or regular squats)
4. **5 Supermans** (alt. option: Bird-Dogs)
5. **5 Leg Lifts** (alt. option: Dead Bugs)
6. **30-sec. Mountain Climbers**
7. **10 Sit-Ups** (or crunches)
8. **30-sec. Plank** (option to add a heel raise)
9. **10 Glute Bridges**
10. **20 Alternating Lunges** (10 each leg)
11. **20 Jumping Jacks**
12. **20 High Knees**



Wash Your Hands.

It's hard to enjoy the holidays when you're sick. Make it a habit to **wash your hands** regularly with soap and warm water, and avoid touching your face to help prevent infecting yourself with germs. Oh, cover your mouth when you sneeze. 😊



Do Something for Others.

The holidays can be a tough time for people for a variety of reasons. But it's also a great time to *give a little back* and do something to *brighten someone else's day*. Plus, it can also be really therapeutic. So, get in the spirit of the season and spread some **holiday cheer!**



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