



HEALTHY EATING DURING THE ADVENT AND CHRISTMAS SEASON

AS WE ENTER THE ADVENT CALENDAR, OUR DAYS AHEAD WILL MOST LIKELY BE FILLED WITH MANY CELEBRATIONS WHICH IS WONDERFUL! UNFORTUNATELY, SOMETIMES THIS MARVELOUS EVENT CAN BE TURNED INTO SOMETHING THAT LEAVES US OVER STRESSED FROM OVEREATING AND EXCESS WEIGHT GAIN. THIS YEAR GIVE YOURSELF A MERRY CHRISTMAS GIFT BY TREATING YOUR BODY WITH CARE. BELOW ARE SOME HEALTHY TIPS TO HELP YOU DURING THIS BLESSED SEASON!

- **BE PHYSICALLY ACTIVE EVERYDAY.** WALKING EVERYDAY IS A GOOD WAY TO BURN THOSE EXTRA CALORIES AND GIVES TIME TO FOCUS ON THE MIRACLE OF OUR LORD'S BIRTH AND THE TRUE MEANING OF THE SEASON.
- **DON'T GO TO A PARTY HUNGRY:** WE OFTEN EAT MORE AND FASTER WHEN WE ARE HUNGRY WHICH USUALLY LEADS TO OVEREATING. FILL UP ON LOWER CALORIE FOODS SUCH AS FRUITS AND VEGETABLES BEFORE A PARTY
- **WATCH YOUR PORTION SIZES:** TAKE SMALL AMOUNTS OF YOUR FAVORITE HOLIDAY FOODS. ALSO, USE A PLATE FOR EVEN THE SMALLEST SNACK - YOU WILL MOST LIKELY EAT LESS.
- **CHOOSE YOUR BEVERAGES WISELY:** MANY DRINKS SERVED AT PARTIES ARE HIGH IN CALORIES AND LOW IN NUTRITIONAL VALUE. **BEWARE:** EGG NOG HAS APPROXIMATELY 350 CALORIES AND 19 GRAMS OF FAT IN ONE CUP! ASK FOR A SPARKLING WATER WITH LEMON INSTEAD OF A HIGH CALORIE ALCOHOLIC DRINK.
- **TRY TO AVOID SOCIALIZING NEAR THE FOOD TABLE:** THIS WILL HELP AVOID UNCONSCIOUS NIBBLING.
- **IF YOU ARE DOING THE COOKING, TRY TO MAKE SOME HEALTHIER DISHES.** SIMPLE SUBSTITUTIONS LIKE SKIM MILK FOR WHOLE MILK CAN MAKE A BIG DIFFERENCE IN CALORIES AND FAT.
- **BE REALISTIC:** TRYING TO LOSE WEIGHT DURING THIS SEASON MAY BE DIFFICULT. A GOOD REALISTIC GOAL IS TO TRY TO MAINTAIN YOUR WEIGHT DURING THIS SEASON.

NOTE: YOU SHOULD ALWAYS CHECK WITH YOUR HEALTH CARE PROFESSIONAL BEFORE ANY EXERCISE OR DIET PROGRAM.

COMPLIMENTS OF A SVS PARENT AND YOUR SCHOOL BASED HEALTH TEAM

For those of you who missed the PTP De-Stress Your Holiday Meeting -
we have included a little song we sang at the meeting to help you with
the stress of the season!



There is cleaning and wrapping and shopping and cooking
Baking and gifting, school programs and visits
Now, do you recall the most stressed out family of all
The Rudolph's the stressed out family
Have a very crazy life
And if you ever see them
You would say it's full of strife
Baking 12 kinds of cookies
Looking for the perfect toys
L E D's by the thousands
Everyone is so annoyed
Then one foggy winter's night
Father John came to say
Christmas comes but once a year
Slow down and enjoy the cheer
Then how the Rudolph's loved him
As they shouted out with glee
Remember the reason for Christmas
Celebrate and be **STRESS FREE**

