



DECEMBER 2018

ENJOY THE PARTY WITH THESE TIPS FOCUSED ON WELLNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>16</p> <p>Too busy to cook healthfully? To save time use your crockpot, cook and freeze large batches of food, and keep an organized grocery list. blog.myfitnesspal.com/15-slow-cooker-recipes-under-375-calories</p>	<p>17</p> <p>Act like a kid. Who says you have to be younger to play? Find a sport or other activity and join a league or class.</p> <p>Yoga 8:30AM </p> <p>Chair Yoga 9AM, ACWC</p>	<p>18</p> <p>Being at work doesn't mean you have to sit all day. Experiment with some work-appropriate exercises, including stretching, wall push-ups, lunges, chair dips, and more!</p>	<p>19</p> <p>Do a random act of kindness today.</p>  <p>Join in Community Caroling tonight, 6PM at the Youth Club</p>	<p>20</p> <p>Take inventory! Identify all the situations that make it difficult for you to eat healthy during the holiday season (parties, mall food, family gatherings). Make a plan for staying on track in every situation.</p>	<p>21</p> <p>Stay active. Don't mistake being "busy" for being "active." You still need to exercise at least 30 minutes each day. Break it up into a few smaller sessions throughout the day if you're pressed for time.</p>	<p>22</p> <p>Splurge wisely. The holidays only come once a year, but the parties, events, and food never seem to end. Decide which ones are really worth splurging for and leave the other foods on the table.</p>

Week 3 Survival Tip: Party Survival

- Eat before the party starts
- Watch what you drink. Calories can be easily accumulated through beverages you consume.
- Bring a healthy dish That way you know there will be a healthier option for you (and others) to enjoy.
- Scope out your options Before filling your plate see what is offered and try putting healthier items on your plate first.
- Stay away from the food table. If you are located near the food table you will be more likely to graze



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