

HEALTH & WELLNESS

2302 College Ave. Conway, AR 72034
www.conwayregional.org 501-932-3236

Healthful Holidays

The holiday season is a time to celebrate with family and friends and enjoy the holiday festivities. However, many of our healthy habits get thrown to the wayside during this season. Staying healthy over the holidays while still enjoying this special time of year can easily be achieved by putting in place a few simple tips!



FIXIN' FOR A FEAST



1) **Walk the perimeter.** Check out all the food options before you dish up anything. Decide what you really want now and what you can enjoy at another meal.

2) **Indulge a little.** Enjoy those special holiday foods and skip the foods you could have anytime. For example, eat the stuffing but skip the dinner roll. Or eat the sweet potatoes but skip the mashed potatoes. Then, eat them slowly and savor those favorites.

3) **Don't show up too hungry.** When we let ourselves get too hungry, we tend to overindulge and not make the healthiest of choices.



Oatmeal Apple Crisp

Ingredients:

- 3 medium baking apples, cored, sliced thin; try Empire, Granny Smith or Honey Crisp
- 1 tsp cinnamon
- 2 Tbsp sugar
- 2 Tbsp flour
- 1 cup quick oats
- 1 tsp vanilla
- 1/2 tsp cinnamon
- 1/4 cup brown sugar
- 2 Tbsp butter

1. Mix apples, cinnamon, sugar, and flour. Place into a 9-inch baking dish
2. In a small bowl, mix remaining ingredients until crumbly. Sprinkle topping over the apples.
3. Bake 325 degrees until apples are soft and topping is golden brown (about 30 minutes).

4) **Swap for a healthier version.** If possible, stick with the lower calorie food choices from what is available.

Eat This	Not That
White meat	Dark meat
Green Beans	Green Bean Casserole
Pumpkin Pie	Pecan Pie
Water	Eggnog

Extremely Hungry

Way Too Full



12 DAYS OF FITNESS

Twelve physical activity and health tips to fit fitness into your holidays.
#fitmas

- 1. Keep moving.** In addition to staying active, try to avoid sitting for too long at one time. When watching a game or relaxing with family, make a point to get up often.
- 2. Have a plan.** Start each day by planning out your physical activity and your food.



3. Stay hydrated. Our brains can sometimes confuse thirst with hunger. Aim to drink six to eight glasses of water per day. Drinking more water can decrease the amount of food we consume.

- 4. Exercise early.** Workouts planned for later in the day are the workouts that may not happen. Distractions, parties, and unplanned chaos gets in the way. Make sure to get that physical activity in first thing in the morning.
- 6. Expect the unexpected.** Hope for the best but plan ahead for the worst. For example, bring along extra snacks that can be easily eaten if a meal is later than expected.
- 7. Sleep.** Less sleep can lead to eating more and preferring high-fat, high-sugar foods. Aim for 7-8 hours of sleep per night to guard against mindless eating.



- 7. Be creative.** Take a few laps at the mall before you start shopping. Or walk the neighborhood to look at Christmas lights instead of driving.
- 8. Make it a family affair.** Get everyone outside for a game of tag football or take a family walk around the neighborhood after a big meal.



- 9. Avoid all or nothing thinking.** Every little bit counts. If you don't have time to go for a 30 minute walk, go for a 10 minute walk.
- 10. Indulge for a night, not a season.** One day won't make or break your health plan. But keep that one day from turning into an entire season of unhealthy choices.
- 11. Manage stress.** The holidays can be stressful which may lead to stress eating. Read a book, listen to music, walk, or pray to reduce stress.
- 12. Ask for the gift of fitness.** Ask for gifts that can help motivate you to stay on track with your health and wellness goals. You are more likely to be active if you have everything you need and are excited about trying out new gifts. Here are some ideas:

- Fitness watch
- Running shoes
- Gym bag
- Yoga mat
- Resistance bands
- New athletic clothes



Happy Healthy Holidays