



KEEP YOUR HOLIDAYS HAPPY

TIPS TO FOCUS ON WELLNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>20</p> <p>Eat breakfast! It boosts your energy and mental focus. Plus, breakfast eaters consume less calories throughout the day than people who skip this meal.</p> <p>http://greatist.com/health/healthy-fast-breakfast-recipes</p>	<p>21</p> <p>Park further away. You'll add extra steps to your day. In a shopping center, park and walk to and from your car between stores to drop off bags.</p>	<p>22</p> <p>Go nuts. Almonds, cashews, hazelnuts, pecans, peanuts, pistachios, all contain healthy monounsaturated fats that lower your risk of several diseases.</p>	<p>23</p> <p>Know your "red flag" menu words: AVOID items described as battered, breaded, buttery, cheesy, country, creamy, crispy, fried, loaded and stuffed.</p>	<p>24</p> <p>Enjoy a 30-minute walk with your family and friends after your holiday meal!</p> <p>http://bit.ly/2fzCIU8</p>	<p>25</p> <p>If Black Friday shopping, walk the entire perimeter of the mall for extra steps before going into any store.</p>	<p>26</p> <p>Know your "green flag" menu words. Healthy foods are described as baked, boiled, broiled, fresh, grilled, light, multi-grain, poached, reduced, roasted or steamed.</p>

Week 1 Survival Tip: Thanksgiving

- Choose white meat turkey instead of dark meat. There are less calories and fat in white meat.
- Chew your food slowly. If you rush through eating your body might not recognize it's full until after the damage has been done. If you eat slowly, you'll create satiety, or the feeling of fullness in the brain.
- After your meal, get up and move around. Movement is the best thing you can do in order to use the food as a fuel source rather than fat storage.
- Have family in town and feel like you can't make time to exercise? Try some new activities together like joining an exercise class.



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