WELLNESS

CHALLENGE

Make merry, stay healthy

Manage your weight as you celebrate

The holiday season is a wonderful time. And with all the festive sweets and treats, it can be a tempting time too. But good news — you can still enjoy yourself while maintaining your weight and overall health. You just have to practice making healthy choices.

Start your challenge today

Adopt an attitude of gratitude by writing in your gratitude journal for four weeks.

How to begin

Start your challenge today.

- ✓ Plan to participate in the challenge for six weeks.
- ✓ Choose one holiday health goal to focus on and weigh yourself at the start of each week.
- ✓ Use your tracker to record your weight each week.

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WELLNESS

CHALLENGE

Stay fit through the season

How to keep yourself healthy through the season

Plan ahead for parties.
Offer to bring a healthy dish. And don't skip meals before you go. You'll be hungry and more likely to indulge.

Pay attention to what's on your plate.
Put healthier choices on your plate first. And eat slowly so you notice when you feel full.

Say "yes" to your favorite foods.
Just take a smaller portion. And balance your meal with other healthier choices.

Move, move, move. Staying active can help you manage stress and burn calories. Try to find ways to make activity part of your family fun, if you can.

Get enough sleep.
Stress or fatigue can lead to impulsive eating. So aim for at least seven hours of sleep.

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Keep your weight **ON TRACK**

Holiday health goals

1 **Eat more fruits and veggies.**
Have three or more servings of fruits and veggies every day.

2 **Skip the sugary drinks.**
Drink 48–64 ounces of water each day.

3 **Choose healthier snacks.**
Replace a high calorie snack with a healthier option.

4 **Be more active.**
Get at least 30 minutes of activity every day.

5 **Eat less meat.**
Eat plant-based meals for a day. Schedule meatless Mondays.

6 **Explore new foods and recipes.**
Or try old favorites in a healthier way.

See how well you're doing

Use the chart below to maintain a steady weight throughout the holidays. Choose one health goal to focus on each week. And don't forget to weigh yourself at the start of that week.

Starting Weight:

	Weight	Holiday Health Goal	Did you reach your goal?	
Week 1			Yes ☐	No ☐
Week 2			Yes ☐	No ☐
Week 3			Yes ☐	No ☐
Week 4			Yes ☐	No ☐
Week 5			Yes ☐	No ☐
Week 6			Yes ☐	No ☐

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