



# Happy Holidays

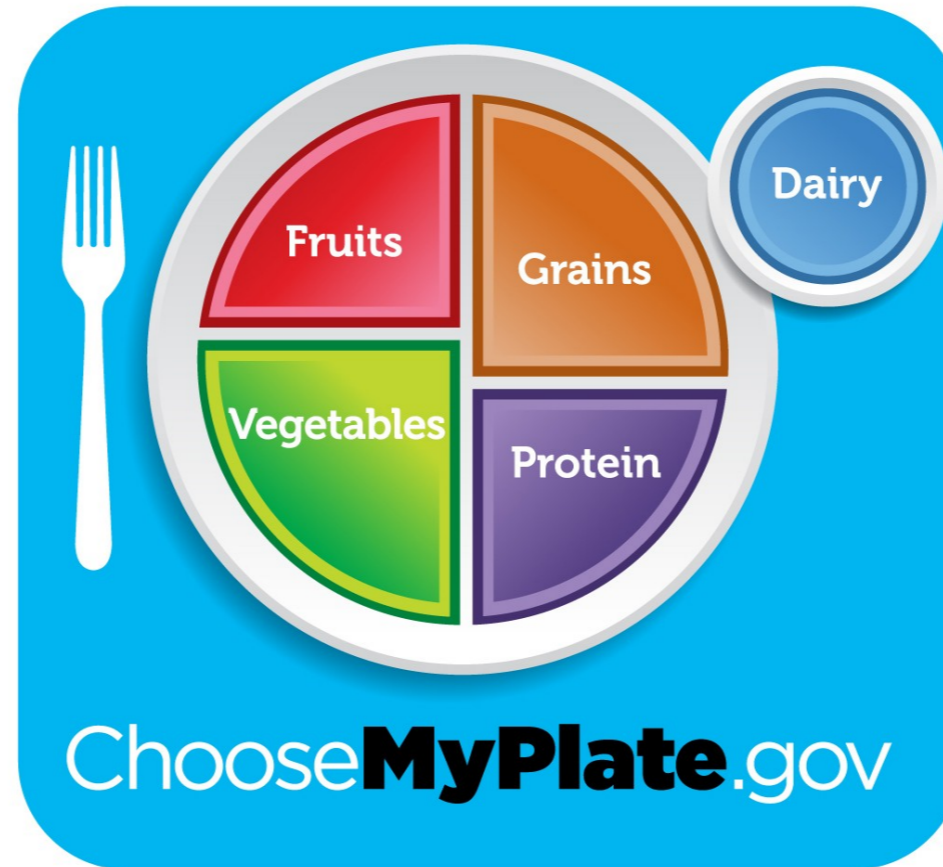
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**Did you know the average person can gain almost 10 pounds during the holiday season? Here are some “Holiday Eating Tips” to reduce weight gain:**

- Use a small plate at holiday meals & provide small plates for guests at holiday parties. Doing so will help keep portions smaller.
- Try not to go back for seconds. Watch the gravy, sauce, butter & desserts & make sure to eat bigger portions of healthier items, like vegetables.
- Lean meats, fresh fruits & fresh vegetables are excellent ways to maintain weight.
- Read nutrition labels to make healthier choices.
- When preparing food, try to lighten up recipes with lighter, healthier varieties. Steam vegetables rather than loading them up with sauces & butter.
- Provide whole grain crackers, nuts, low-fat veggie dip, non-alcoholic beverages & smaller plates if hosting a party.
- Make the party fun & not food-oriented. Play games or do things outside if it's warm enough. Be active!
- Also, keep exercising most days during the week for at least 30 to 60 minutes. Families can go for walks or go sledding during Christmas break.

Information from: <http://www.extension.org/pages/30864/healthy-holiday-chat>



**Walking in a Winter Wonderland**  
**Walking is a great way to meet the 30 minutes of recommended daily physical activity.**  
**Be safe walking outdoors with these tips:**

- Be aware of the wind chill factor before walking. When it's windy, think about whether you want to walk into the wind when you are returning & warmed up from exercise or when you begin & are warm from your home.
- If you can, select a route with no snow or ice.
- Dress warmly in several layers of loose-fitting, tightly woven clothing. Wear a waterproof coat, hat, gloves, a scarf, or knit mask to cover your face, & waterproof boots. Be careful you aren't so bundled up that you can't hear or see what is going on around you!
- Share your planned route with family or friends in case of an emergency and carry a cell phone, if you have one.
- Take a break when you begin to feel fatigue. Watch for signs of cold weather health problems such as hypothermia & frostbite.
- Walk with a friend! It will help keep you motivated.

Adapted from: “Words on Wellness” Newsletter, Dec. 2011, Iowa State University Extension and Outreach, <http://www.extension.iastate.edu/NR/rdonlyres/0148920D-9AD6-45FD-BDCC-229E64CB4DA2/160305/WOWDec2011color.pdf>



**WASHINGTON STATE UNIVERSITY**  
**COLVILLE RESERVATION-FERRY COUNTY EXTENSION**

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