



Healthy Holiday Habits



Helping families heal, play and love!

The end-of-the-year festivities including Thanksgiving, Christmas and New Year can be both a time of love and celebration and a time of indulgence and weight gain. It doesn't have to be this way! Make sure the bird is the only thing that gets stuffed this holiday season by being prepared with strategies for success.

Winning Strategies

- 1) Limit your alcohol consumption. Alcohol provides “empty calories” and may impair judgment.
- 2) Want to taste it all? Then do just that- taste it- but just a bite or two of each item.
- 3) Draw your strength and enjoyment from the true meaning of the season.
- 4) Volunteer at a shelter or donate toys during a children's gift drive. Stepping outside of your self can help put things in perspective.
- 5) Don't skip dessert. If you deprive yourself, you may be setting yourself up for greater temptation.
- 6) Don't hang out by the food. If you park yourself in front of the hors d'oeuvres, you just may graze yourself an extra 300-1000 calories before you even sit for dinner.
- 7) Know this: one day's worth of indulgence – especially during the holidays- has the potential to negate one to two weeks' worth of workouts.



Learn more at...

www.HealPlayLove.org

or by calling 530-518-1406

Scary Facts

Know the facts concerning the annual holiday battle of the bulge:

- Your Thanksgiving, Christmas or New Year's meal may contain more calories than the average American needs in an entire day (for many, it's **almost double** the amount they need in a day), and can contain the **amount of fat grams required for an entire week** (source: The American Council on Exercise; 229 grams of fat).
- The average American gains 7-10 pounds over the entire holiday season (source: CNN).



PLAN for Success this Holiday Season:

- Prepare mentally
- Let companionship be the focus
- Allow yourself to have fun
- Nothing tastes as good as being fit feels.

FCCS provides social, emotional and behavioral health services to children and their families.