

## November: Healthy Holiday Eating

The holidays are a time of joy and celebration where we count our blessings and spend time with the ones we love. And...our celebrations usually include a feast! However, our feasting and celebrating don't have to interfere with our desire for good health. This season, we invite you to join us in healthy holiday eating. Start by making realistic goals. The holiday season is no time to place added stress on yourself by attempting to lose weight. Instead, practice mindfulness when eating and drinking. And we all know, moderation is the key. Follow the tips below to enjoy a season of celebration, blessings and health.

Cheers!



**Tips for a Healthy Thanksgiving**

- 1. Hydration is essential**
- 2. Portion control is key**
- 3. Don't skip breakfast**
- 4. Avoid excessive alcohol**
- 5. Exercise early**
- 6. Load up on the veggies**
- 7. Avoid processed carbohydrates**
- 8. Don't starve yourself all day**
- 9. Don't 'drink' your days worth of calories.**
- 10. Limit the sugar**
- 11. Stop eating when full**
- 12. Go for a walk after dinner**

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*Note: If you are currently undergoing cancer treatment, defer to your physician's nutritional recommendations.*