

Making Your Holiday Season a Healthy Balance!



- Set Realistic Goals for a realistic time frame that work for YOU and your life! 😊
- Be prepared to fall off the wagon and get ready to jump back on track again!!
- Allow yourself to eat regularly through out the day...never let yourself get hungry! Think about how you feel when you're hungry....food/mood connection.
- Now...how about that treat, cheat or reward??? No need to waste it on food!! Create a health budget; Ask yourself each day...what am I doing for my health today? This helps balance your health account by making deposits towards your health daily, while, making the odd weekly withdrawal as an expenditure. Moderation is key.
- Make every meal a healthy balance; Make sure you use a plate at social gatherings; Stand/Sit away from food covered tables!
- Chug - a - lug on water! Aim for 2 L per day
- Alcohol...Enjoy in Moderation...Choose light beer, light coolers, dry red wine, vodka, Gin (mixed with water or pop) For every drink, make sure you counter it with a huge glass of water.
- Have fun with food...be creative in the kitchen to market natural foods to your guests; Get the best value for your nutrient dollar...you'll save a bundle by making your foods at home...if you see a product at the grocery store, ask yourself, how can I make this at home...huge investment into your health. Make your healthy foods convenient by making them ahead of time, freezing them to save on time by having your pre-prepared foods at your fingertips.
- Exercise regularly - get that body moving!
- Decrease stress levels, get plenty of rest and maintain a positive attitude!

Wishing you and your family a happy, healthy & safe holiday Season!



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