



American Heart Association®

Healthy for Good™

HOLIDAY 2020

TAKE A MOMENT FOR YOU

Healthy for Good Newsletter

Stress Less This Holiday Season

If the holidays sometimes leave you feeling overwhelmed and out of control, you're not alone! Here are some key things you can do to stay happy and healthy throughout the busy holiday season.

Keep up healthy habits. Make a pact with yourself for the holidays: choose to do something active everyday or to get at least seven hours of sleep each night.

Beware of party perils. Special holiday events can mean extra calories. Try having a healthy snack before heading to a party or if your hosting, offer your guests healthier options.

Stay active - even in the hustle and bustle of the season. Your full social calendar might lead to missed workouts. Try fitting in a walk with the family when the weather isn't too frightful.

Take time to rest. When holiday invitations start to pile up, don't be afraid to say no to some of them and prioritize your quiet time.



Sweet & Spicy Mustard Dip with Veggie Dippers

- 1/3 cup fat-free cream cheese (softened)
- 1/2 cup fat-free sour cream
- 1 Tbsp. honey
- 1 Tbsp. cider vinegar
- 2 tsp. mustard powder
- 1/4 tsp. red hot chile flakes (optional)
- 1 pint grape tomatoes or cherry tomatoes
- 2 cups baby carrots

Makes 4 servings

1. In a medium bowl, add softened cream cheese and sour cream.

teaspoon of mustard powder, depending on preference.

2. Add honey, vinegar, mustard powder, and (optional) chile flakes. Stir until lumps are dissolved and mixture is combined, at least 1 minute. Taste, adding an additional

3. Serve immediately with cherry tomatoes and baby carrots; or let chill in the fridge for a couple hours before serving.

Nutritional Values Calories 132; Total Fat 1.5g; Saturated Fat 0.3g; Trans Fat 0.0g; Polyunsaturated Fat 0.4g; Monounsaturated Fat 0.1g; Cholesterol 8mg; Sodium 233mg; Total Carbohydrate 23g; Dietary Fiber 3g; Sugars 14g; Protein 8g

ONE TO GROW ON:

“Courage is contagious. A critical mass of brave leaders is the foundation of an intentionally courageous culture. Every time we are brave with our lives, we make the people around us a little braver and our organizations bolder and stronger”

-Brené Brown

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