

# EAT/SMART MONTH

## Be at your peak this holiday season

You can be the best you – at your peak – by eating smart, moving more and making your well-being a priority. And you don't have to put these healthy habits on pause during the holidays. We've got lots of ways to make the healthy choice the easy choice, as well as the fun and festive choice!

- + **Choose seasonal fruits and vegetables to give your meals, snacks and party dishes that healthy holiday spirit.** Try apples, dates, leafy greens, pears, pumpkin, root vegetables, sweet potato and winter squash. If you have a farmer's market near you, walk or bike there for a bit of extra exercise.
- + **Enjoy some of the special treats and splurges of the season without overdoing it.** Balance is the key. For example, if you're going to miss your workout for a holiday event, walk during lunch or ride your bike to work. If dinner is going to be a feast, opt for a light lunch.
- + **Commit to staying healthy during the holidays.** For example: "For the next three weeks I will move more and do something active every day, have a healthy breakfast and limit the sweets, and get at least seven hours of sleep each night." If you don't completely give up your healthy habits, you won't feel like you have to start all over once the holidays are in the rear-view.
- + **Eat smart at special holiday events.** They often serve up extra helpings of less-than-healthy foods. If you're a guest, eat a healthy snack before you go to avoid overdoing it at the event. If you're the host, challenge yourself to offer some delicious and healthier options using our recipes and cooking tips. Your guests will thank you.
- + **Keep the family active.** When the kids are out of school, squeeze in some active chores and trips to the park. Break up the video game marathon with a physical activity break. Take advantage of cooler weather to get moving outdoors.

