

Wellness Tidbits



HEALTHY EATING AMIDST THE HOLIDAY SEASON

There's no doubt about it, great food and the holidays go hand-in-hand. Office parties, school festivals, family feasts and celebrating with friends throughout the months of October, November and December can become a never-ending stream of temptations. Maintain your foundation of healthy eating habits amidst the festivities with these three tips.

1. Focus on FUN rather than FOOD

It is not uncommon to associate favorite foods with certain holidays, but that doesn't mean food has to be the focus. Instead, focus on holiday rituals or activities such as decorating, party games, or strolling through a local trail.

2. Indulge wisely

Bypass the store bought cookies and save your calories for homemade treats and heirloom family recipes that bring back memories of holidays past.

3. Stock-up on healthy meals

The most wonderful time of the year is also one of the busiest. Before the whirlwind of the season hits, prepare a few healthy meals to stick in the freezer and enjoy when life becomes hectic.

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How to Play

- 1) Read this article above
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

What is your favorite holiday tradition?

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