



# Holiday Tips - 2025



## CHOOSE YOUR SPLURGES

*Had a few extra drinks or desserts over the weekend? It happens. If so, be disciplined and pull back during the week. You can do it. Have an event coming up? Sounds like fun, but before you go have a protein snack (i.e. a low fat yogurt or protein shake) so you don't end up eating the entire appetizer tray when you arrive and then cry about it later. And don't think for a minute you're the only one. Others may be doing the same thing!*

## TAKE 10 MINUTES

*It's the holidays. You're busy. No kidding! But we know even 10 minutes of movement can reduce stress and boost our mood, so cut yourself a break and take ten:*

- ❖ *WALK up and down stairs a few times*
- ❖ *PLAY with your children or grandchildren*
- ❖ *WALK your dog*
- ❖ *STRETCH*
- ❖ *GO to the gym & hop on the elliptical, row or bike*
- ❖ *LISTEN to your favorite tunes and dance*
- ❖ *DO 25 jumping jacks*
- ❖ *DO a 1-min (or more) plank*



## BE NICE

*We all appreciate a compliment or an assist from time-to-time so, observe the world around you and do something nice. Making others happy feels great.*



## ENJOY TODAY

*Each day brings new experiences, activities and opportunities, so focus on being present. Enjoy the moment.*