



## Keeping Healthy During the Holidays

"...he took bread and gave thanks to God in the presence of all..." Acts 27: 35.

During the holidays and at celebrations, enjoying fine food and desserts are all a part of the fun, but giving in to such temptations to excess can lead to weight gain and "relapses" in unhealthy behaviors. By applying a few strategies, we can keep our body and soul healthy and happy during the holidays.

First, write out a very specific plan for what indulgences you will allow and how you will get back to your post-party behavior. Help minimize weight gain by taking smaller food portions, select more vegetables, and don't add salt or butter. Also, skip seconds, and when selecting desserts, choose fruit desserts or smaller portions of your favorite desserts. Complete your meal with an enjoyable after dinner walk. Finally, avoid going to celebrations hungry, as this leads to overeating. Apply these tips and enjoy the holidays while keeping your temple healthy.

For more information about the programs about physical activity and healthy eating programs being offered at our church, please contact \_\_\_\_\_ at \_\_\_\_\_.



## Healthy Eating



"And at the end of 10 days their countenance appeared better than all the young men who ate the portion of king's delicacies." Daniel 1:15.

Sometimes it's hard to make good choices about the foods we eat, our surroundings often work against us. Often, today's portion sizes are much larger than the amount of food we really should be eating, but we don't like to leave food on our plate! Try to be aware of your portion sizes, and make an effort to keep them in check. When eating out, ask for half of your meal in a to-go box before they even bring it to your table or share extra-large portions with your dining partner. Always check the packaging to see exactly how big a portion size really is- you may be surprised! Making simple changes to our food choices can help us to keep our temples strong and healthy.

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