

Healthier Holidays

Make your season brighter by eating foods that nourish you and indulging in activities that help you relax.

Keep Moving

Experience the mood-boosting benefits of exercise in as little as 10 to 15 minutes.

Soak in the Tub

Taking a warm bath can help settle your mind and help you sleep, which promotes your body's natural defenses against stress.

Be in the Present

Simply paying attention to the present moment can give you a sense of renewal.

Improve Your Mood with Food

Sweets can wreak havoc on our mood. Choose complex carbohydrates, like whole-grain bread, combined with protein, such as turkey or low-fat cheese, to keep your mood on an even keel.

Avoid Winter Weight Gain

You don't have to deprive yourself of your favorite foods during the holiday season; just remember to enjoy them in moderation.

Do the Math

Calculating how long it will take you to work off a slice of pecan pie might make you think twice about eating it.

Use a Small Plate

When it's smaller, your plate looks fuller. The result: You'll eat less but feel just as satisfied.

Don't Stand by the Buffet Table

Go into another room, and try to avoid going back for seconds.

Eat Regular Meals

Skipping meals before the big fete might seem like a smart idea, but it's a recipe for disaster.

Stay Hydrated

People often mistake hunger for thirst, so if you're craving food, try drinking a glass of water before rummaging through the fridge.

Stay Strong All Season Long

Working out can help relieve stress, strengthen the immune system, and give you the extra energy you need to breeze through your holiday checklist.

Count Your Steps

Keeping track of your every move can be a real motivator that can even result in weight loss.


Get Energized with Morning Stretches

Do 10 or 15 minutes of light stretching to ease your body into the day.

Rely on a Do-Anywhere Mini Workout

When life becomes hectic, keep it simple with four easy exercises—squats, pushups, back extensions and crunches.



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