

Set Yourself Up For A Healthy New Year

Nutrition

- Avoid becoming hangry.
- Eat a healthy snack before heading out to holiday parties.
- Take food that you enjoy to family gatherings / parties.
- Michael Pollan: "Eat food. Not too much. Mostly plants."
- Decide before you arrive at a gathering what you will / will not eat and drink.
Focus on water.

Physical Activity

- Walk on
- Fit exercise in whenever and wherever you can
- Short amounts of time count

Sleep

- Make a sleep routine
- Unplug
- Wind down with a cup of herbal tea and a book

Solo Time

- Do ABSOLUTELY nothing
- Meditate
- Read
- Write – Journal / Letters / Notes / Cards
- Music

Time with Others

- Spend time with people you enjoy.
- Bring joy to every conversation.
- Minimize time with people who bring you down.
- Set boundaries for required appearances.

This is the season of thanks. What are you thankful for?

1. _____
2. _____
3. _____

Keep this list front and center throughout the holiday season.



Healthy living starts now.