



Holiday Eating Tips

With all the food-centered traditions surrounding the holidays, it is not the ideal time to try to lose weight. However, you can maintain your weight with a few tips.

1. While you're out shopping, celebrating or spending time at home, enjoy your holiday food traditions in moderation.
2. Make time for physical activity to help reduce stress and combat those high-calorie treats.
3. Take a snack, like whole or dried fruit and nuts, with you while shopping and use smaller plates when possible. Watching your portion-size goes a long way in maintaining a healthy weight.

In January, many of us will make resolutions to improve our health. Be sure to set achievable goals like walking for 20 minutes a day and get family, friends and co-workers involved. Don't forget about resources available to you through Compass Group, including INTERVENT's lifestyle health coaching programs. For more information, log onto www.myintervent.com/compassgroup.

Happy Holidays!