

Holiday Nutrition



Maintaining good nutrition is important year-round. During the holidays, when food and treats are plentiful, it's especially important to manage your diet. Healthy eating habits keep your holiday spirit up and your weight down!

Be A Picky Eater — Choose nutrient-dense fruits and vegetables, rather than calorically dense foods. Select salsa and bean-based dips over cheese and cream-based dips. If you eat several appetizers, take smaller portions of the main course. At pot lucks, take a healthy dish for a nutritious menu option.

Don't Overeat — Challenge yourself to eat only half as much as you originally planned. At restaurants, ask the server to give you half of your meal to-go. Beware of eating the entire bag or box of snack foods. Give yourself one serving, and eat slowly so you can enjoy it.

Maintain Digestive Health — Alcohol, chocolate, caffeine, and carbonation can trigger heartburn, acid reflux, gas, and diarrhea. Also, stress can incite digestive diseases such as Crohn's disease, colitis, and irritable bowel syndrome. Minimize stress by saying "no" when commitments are overwhelming.

Feel the Burn — The benefits of physical activity on your weight are cumulative. Look for opportunities to be active. Park a block away from your destination and walk. Take the stairs rather than the elevator. For visits with friends and relatives, take a walk instead of just sitting and talking.



(Resource: University of Maryland Medical Center)

Schedule a Speaker

Visit the "Presentations & Trainings" page on our website for a list of health and safety topics.

DECEMBER 2012



"We consider the protection of our patients' privacy and the security of their information a top priority. It is a critical part of our mission and essential in providing the highest quality of care and service we can offer."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 ♥ National Hand Washing Awareness Week <input type="text"/>	3 ♥ <input type="text"/>	4 📅 ♥ Weight Loss Convoy <input type="text"/>	5 📅 ♥ Weight Loss Convoy ALUMNI Meeting <input type="text"/>	6 ♥ <input type="text"/>	7 ♥ <input type="text"/>	8 ♥ <input type="text"/>
9 <input type="text"/>	10 <input type="text"/>	11 📅 Weight Loss Convoy <input type="text"/>	12 <input type="text"/>	13 📅 Site-Wide Health Fairs <input type="text"/>	14 📅 Hanford WorkFit Leader Training <input type="text"/>	15 <input type="text"/>
16 <input type="text"/>	17 <input type="text"/>	18 <input type="text"/>	19 <input type="text"/>	20 <input type="text"/>	21 <input type="text"/>	22 <input type="text"/>
23 <input type="text"/>	24 <input type="text"/>	25 ★ Christmas <input type="text"/>	26 <input type="text"/>	27 <input type="text"/>	28 <input type="text"/>	29 <input type="text"/>
30 <input type="text"/>	31 <input type="text"/>	InsideOut Newsletter: www.hanford.gov/amh/page.cfm/newsletter				

♥ National Influenza Vaccination Week
 — Finish

♥ National Drunk and Drugged Driving Prevention (3D) Month

Service Spotlight: Weight Loss Convoy This year-long, weight management program is for Hanford employees with 100 or more pounds to lose. The program offers one-on-one help, group support, and weekly meetings to help participants achieve their weight-loss goals. For more information call Health Education at 376-3939.

- ♥ Health Observance
- 📅 Class or Event
- ★ Holiday
- Exercise Minutes

Highway to Health

Enter your weight at Hanford Highway to Health

Weight (in lbs.)

Blood Pressure