



NAVY
PHYSICAL
READINESS
PROGRAM

ACHIEVE YOUR GOALS DURING THE HOLIDAYS ...AND ENJOY YOURSELF EVEN MORE!

The holiday period can derail even the most dedicated person's routine. Want to achieve your goals and enjoy the holidays? Use simple strategies to keep you feeling great so you can enjoy yourself even more.

Many food-related decisions are not consciously or deliberately made. Increasing awareness of your surroundings and your personal obstacles can allow you to enjoy the holidays, your favorite foods and a greater state of mind.

EXAMPLES OF OBSTACLES:

- No time for healthy cooking and activity
- Easy access to high-calorie holiday favorites
- So many parties, so much food!

MY OBSTACLES:

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INSTEAD OF...	I WILL...
✓ Saying yes to every holiday party and celebration.	<input type="checkbox"/> Select the events I really want to go to and practice saying "no thank you" to ones that will compete for my time to achieve my goals and leave me stressed out.
✓ Eating every item from the buffet line.	<input type="checkbox"/> Be selective about what goes on my plate by choosing reasonable portions of favorite foods. <input type="checkbox"/> Include lower calorie foods like fruits and vegetables to balance out calories.
✓ Following everyone else's lead by sitting around for days on end.	<input type="checkbox"/> Take the lead and find creative ways to stay active: - Go for a walk - Get a day/week pass to a gym - Play active games - Pack a fitness band/jump rope
✓ Believing that the holidays mean overindulging in every treat available and taking a vacation from all physical activity.	<input type="checkbox"/> Feel better when I eat better and stay active. Eating well most of the time and including holiday treats improves my mood and my ability to deal with stressful situations.
✓ Giving into all of the readily available tempting holiday treats and sweets.	<input type="checkbox"/> Keep sweets out of reach at work and at home and ask others to do as well. This way I can be selective of those I really like and deliberately choose my food/beverages.
✓ Thinking holiday food has to be high in sugar, salt and fat to taste good.	<input type="checkbox"/> Experiment with lighter versions of holiday favorites. Fresh ingredients, herbs and spices increase flavor and taste. Removing excess fat and sugar will allow food to taste good without all the extra, empty calories.
✓ What do you do? Fill in the blank	<input type="checkbox"/> What <i>will</i> you do instead? Fill in the blank.

Be food savvy. Make informed choices. Enjoy fresh food!