

Happy Holidays!

It's time to celebrate
Christmas, Hanukkah, Kwanzaa.

So keep your spirits up...

not your weight.



Use portion control and exercise to help you keep fit and healthy throughout the holiday season.

- Choose small portions at holiday meals, especially when trying a lot of different dishes. The more variety offered at a meal, the easier it can be to overeat.
- Try to choose more vegetables, especially non-starchy vegetables like broccoli, salad, greens, or spinach.
- Go for a walk with family or friends.