

HEART SMART

Holiday Edition



Enjoy your favorite feast
without the guilt or weight gain!
Thinner THANKSGIVING TIPS

MOVE IT

Increase exercise in the days leading up to Thanksgiving. The morning of, spend time being active as a family--look for local activities you can enjoy with everyone!
WALK, BIKE or RUN



EAT BREAKFAST



Don't try to save calories by skipping breakfast, Experts agree, starting your morning with a small meal will give you more control over appetite. It eliminates unnecessary binging and can save you hundreds of calories.

COOK LIGHTER

Low sodium and fat free chicken broth is a great way to baste the turkey. Also replace oil and butter with apple sauce. Try using plain fat-free yogurt in casseroles instead of full fat items.



REDUCE ALCOHOL



Everyone remembers the relative who had one too many at the holiday dinner--make sure it's not you. Alcohol calories add up quickly. Enjoy your night but don't make it about the booze. In between drinks, have a water or club soda to stay hydrated and sober.