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COLONIAL HEALTH AND WELLNESS NEWSLETTER

Welcome to the Albert Gallatin School District Health and Wellness Committee's monthly newsletter. Each month this publication will provide our district with health and fitness information. Our goal is for our students, families and staff to use this information to make healthy decisions and to live a healthy active lifestyle.



If you're a guest at a dinner or party

1. **Eat regularly.** Don't eat less the day of a big party so that you'll have room to eat a lot later. Eat regular, small meals throughout the day. This will keep you from getting too hungry and overeating at the event.
2. **Eat before you go.** If you're worried about resisting the delicious but unhealthy foods at the event, eat a nutritious snack before you go. It will take the edge off your appetite and keep you from overeating.
3. **Use a small plate.** Research shows we tend to fill our plates, no matter what size they are. Choose a small plate and you won't be able to fit as much on it.
4. **Start simple.** Fill your plate with veggies, fruits, green salads, and lean meats. If you see a yummy looking side dish that is high in calories, take just a taste of it. You can go back for more later if you're still hungry. Chances are, after filling up on all that healthy food, you won't be too hungry. You'll be better able to resist the casseroles and gravies that looked so good at first.
5. **Wait 10 minutes.** After you've eaten your small plate of healthy choices, wait 10 minutes. This will give your brain the time it needs to tell your stomach if it's full. Often, after that amount of time, our hunger cravings will be satisfied.
6. **Eat mindfully.** Savor each bite. Put your fork down between bites. Focus on the flavor and enjoy what you're eating.
7. **Socialize away from the food.** If you're standing around talking at a party, do it away from the food. You'll be less likely to spot something that you can't resist.
8. **Find activities that don't involve food.** Take a walk. Grab a few family members and take a stroll around the neighborhood. Play football in the yard or engage others in a board game. Take the focus off the food.



During the holiday season, the already challenging endeavor of making time for fitness becomes even more difficult.

Check out these six ways to stay fit during the holidays so you start the new year feeling energized rather than sluggish:

Schedule time to work out. Let's be honest, the holiday season is very busy. Just as you would schedule time for a meeting at work or holiday shopping, when you make time on your calendar for exercise, it's more likely to happen. Review your week ahead and figure out the most practical times to exercise, such as in the morning before the day gets away from you.

Find creative ways to be active. There are ways to squeeze in fitness that don't have to be a traditional workout. When holiday shopping, park a bit farther away from the mall so you're forced to walk more. Take the stairs instead of the elevator. Bundle up and take a walk with your family to look at the lights. Build physical activity into your holiday traditions.

Squeeze in some activity, it's better than none. If you can't find time to hit the gym, don't skip exercising altogether. A quick workout is better than no workout. Try to incorporate even just 10 minutes of physical activity a day. [High-intensity interval training](#) is a great way to get in a quick and effective workout.

Work out with a friend. Staying motivated is one of the hardest parts about committing to fitness — especially in the winter and around the holidays. Putting it off to another day is easy when it's just you. If you get a friend involved in your fitness process it can help you stick with it. Take a fitness class together, go for a brisk walk, just move.

Hydrate and eat sensibly. Eating well is part of staying fit. You don't have to abstain completely from your favorite seasonal treats, just watch your portion sizes. Try to sneak in vegetables when and where you can. Drink plenty of water. Eat something small before you head to that holiday party so you won't arrive on an empty stomach and make bad choices.

Set goals, track your progress and have rewards. Thanks to advancements in technology, including fitness trackers and calorie counters, keeping track of your progress is easier than ever. Setting goals and challenges, along with a reward system, will hold you accountable and ensure your fitness success.

Holiday Hacks

- Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.
- Break physical activity up into smaller chunks so it's easier to schedule, like walking 10 minutes several times a day.
- Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.