

MCFR MONTHLY WELLNESS



DECEMBER 2023 NEWSLETTER



BE A CATALYST FOR YOUR HEALTH

Maintaining Health Through the Holidays

HAPPY HOLIDAYS! December's focus is on helping you maintain your health through the holiday season. Yes, this is a time to indulge in time with family and comfort foods, but how can you continue to meet your health and wellness goals during this month? This newsletter includes some tips and tricks to help keep you happy and healthy this holiday season.

HEALTHY HOLIDAY EATING

START WITH FIBEROUS & COMPLEX CARB FOODS

Keeping yourself satisfied and full longer will help you to stay away from unwanted snacking or multiple trips for 2nd helpings.

Reach for:

- Fish
- Beans
- Legumes
- Fresh fruits
- Whole grains
- Starchy veggies (Potatoes, beets, squash)

Choose less:

- Red meats
- Added sugar
- High-calorie alcoholic beverages
- Stuffing

MAINTAINING PHYSICAL HEALTH OVER THE HOLIDAYS

GET MOVING!

Movement before and after meals can help burn off some of those holiday calories. Suggest a family walk before dinner or after dessert.

GET YOUR ZZZ'S

Late parties and more time connecting with friends and family means less sleep. Sleep loss can cause a lower blood sugar level, leading to a want for sugar and high-fat foods.

Prioritize getting 7-8 hours of sleep to help fight against unwanted snacking.

PORTION CONTROL TIPS & TRICKS

1. **Before you go for seconds, give yourself a 10-minute break.** The stomach sends the brain a signal saying that it is full usually 10 minutes after you eat. Take a walk or spark up a conversation for 10 minutes and see if you are still hungry.
2. **Pre-game snacks before you get to the party.** Fill up on some healthy snacks and don't show up to the festivities hungry. Reach for complex carbs or protein to take the edge off a hungry stomach.
3. **Plan ahead.** That piece of pumpkin pie calling your name? Budget your caloric intake to include the piece of pie. Fill your plate with the healthy options and indulge with what you can spend in your leftover calories.
4. **Don't drink your calories.** Alcohol and sugary holiday drinks are empty calories. Reach for zero-calorie drink options like tea, selzter, and water first. Then indulge on a holiday drink of choice.

EASY HOLIDAY STATION DINNERS!

Click the meals below for resources on healthy, easy holiday meals you can enjoy with your shift or family this holiday season!

BREAKFASTS

DESSERTS

DINNERS



MCFR HEALTH & INJURY PREVENTION

Make an initial or follow up appointment by scanning the QR code!

KELSEY TANLER, DAT, LAT, ATC

