

HEALTH TIP

DECEMBER

HAPPY HOLIDAYS

2016



It's that time of year already! The holiday season is all about family, friends, food and fun. Enjoy the time off and the traditions of the holidays and keep your health on track with a few simple tweaks here and there to set yourself up for a happy and healthy 2017!

HEALTHY HABITS

Get Active as a Family

Go for a family walk after Christmas lunch or play a game of beach cricket. Get out in the fresh air and spend quality time with those you love.

Eat Mindfully

Go for the foods that bring you the most enjoyment, and don't let yourself feel guilty for indulging in foods you really love! Just remember to get back on track with your normal routine the very next day.

Go Easy on the Drinks

Avoiding alcohol altogether may be hard during this time of merriment, so try alternating between an alcoholic drink and soda water with fresh lemon to keep the sparkle but avoid the extra calories.

Relax

Remember what the festive season is really about to you, instead of worrying about finances or family dynamics. Sometimes holidays are stressful; if things start to turn downhill, keep a positive outlook.



HEALTHY FESTIVE RECIPES

- Top dry crackers with a slice of cucumber, a smear of ricotta or feta cheese, a slice of smoked salmon and some dill for a healthy canapé.
- Brush sliced sourdough bread with olive oil and toast in the oven lightly. Top with sliced mozzarella and blanched asparagus spears and pop back in the oven until the cheese has melted. Finish with cracked black pepper.
- For a refreshing festive beverage without the alcohol, combine cranberry juice and soda water in a tall glass, add some torn fresh mint leaves, a lime wedge and ice cubes.
- Make a platter of fresh fruit such as watermelon, pineapple, strawberries, stone fruits, grapes and cherries. Serve with a dip made from 2 cups of Greek or vanilla yogurt, a sprinkle of cinnamon and 1-2 tablespoons of honey.

CHG

Address: 69 Henley Beach Rd Mile End SA 5031

Ph: 08 8354 9800

Fax: 08 8354 9844

www.chg.net.au