

HEALTH TIP

DECEMBER

HEALTHY HOLIDAYS

2015



The warmer weather is well and truly here and Christmas is fast approaching! At this time of year, our healthy diets and lifestyles can easily go out the window as we overindulge in rich food and alcohol and get less sleep. Try these easy tips to bring in 2016 the right way.

Food swaps

Try swapping some of the indulgent holiday foods for some healthier versions: Choose chilli prawns over a classic prawn cocktail or make protein balls instead of chocolate truffles.

Stay active

Use the break in your routine to mix things up and challenge your body in different ways, such as trying a different gym class, going for a hike or a stand up paddle board.

Get enough sleep

While the occasional late night won't do much damage, it's the flow-on effects of back-to-back sleepless nights that can lead to health issues. Try to get at least 7-9 hours of shut-eye a night.

Stay hydrated

When you're out of your normal routine it's easy to forget about filling up your water bottle and staying hydrated. Try a squeeze of lemon or lime, or chopped up pieces of your favourite fruits in your water. Keep a small bottle with you so you don't reach for a soft drink when thirsty.



Some easy tips for Christmas Day

- Start the day with a light, healthy breakfast
- Keep an eye on your portion size at Christmas lunch - use your side plate instead of a main sized plate
- Stick to one alcoholic drink per hour and break it up with water
- Up your intake of colourful fruit and vegetables to boost antioxidants
- Focus on the fun, not just the food
- If you're hosting Christmas lunch or dinner, don't stress if things don't go to plan
- Take time out to relax and enjoy the day

Above all else, enjoy spending time with your family and friends, stay safe over the holidays and have a very Merry Christmas and a happy New Year!



A traditional turkey christmas lunch, with all the trimmings.

To burn this off:

- A 2 hour half marathon
- 3 football matches
- 4.5km jog every day for a week

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