

Holiday Tips



The holidays are a fun and busy time. Take time to practice self-care. The following are a few tips that may be helpful during this season.

- If you are invited to a party, offer to bring a healthy dish along.
- If you have a sweet treat, try to cut back on other carbs (like potatoes or bread) during a meal.
- When eating large meals, start with vegetables to take the edge off your appetite.
- Thirty minutes after eating, try taking a walk with a family member or friend, or have a dance party at home.
- Practice gratitude by speaking it out loud or writing down what you are grateful for each day.
- Say “No” to extra tasks that add stress.
- Schedule time to try new or old relaxing activities.
- Stay hydrated to boost your energy.
- Take time to deep breath and smile. 😊

Quotes from Participants



“I lost 15 pounds” “I feel happy and I’m really excited that I lost all this weight.”

“I feel better with the dietary changes and with more energy”

“Eating healthy is having good health, it gives me motivation and energy”

Lifestyle Medicine Program at FCCH

Lifestyle Medicine is the use of lifestyle changes that address nutrition, exercise, stress reduction, sleep, and social connection to prevent, treat, and reverse chronic diseases.

Interested in Joining the Program?

Contact:
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Lifestyle Events Around Town

- New Year’s Eve Before Dark
Museo de Albuquerque
December 31st 10am – 2pm,
Gratis
- New Mexico Farolito 5K
Saturday, December 17th
5:30pm
www.irunfit.org