

# Healthy Habits

Tips and resources for living well



## Maintain your health, during the holidays

### Let Us Help!

The holidays are finally here, and it's important to stay healthy so you can enjoy all the festivities. This month, we'll provide tips to help you maintain your health during the holiday season. In this issue, you will learn about ways to stress less, eat well (but still enjoy a few indulgences), stay active, and more. And remember, our expert Wellness Coaches are here to help you with a wide range of issues, from nutrition and fitness to weight management and stress reduction, and more.

### Improve your health today! Sign up for Wellness Coaching

Do you want to get healthy? Maybe you want to lose weight, eat better, or quit tobacco? Just call to speak to a Wellness Coach. Then, by phone, email or instant message your Coach will help you reach your health goals—and stay with you every step of the way!

#### We'll help you:

- Set goals and create action steps
- Stay on track with motivation
- Use tips and helpful resources like healthy recipes and workout routines to meet your goals

[www.HHHHealthAssociates.com](http://www.HHHHealthAssociates.com)

Get started now!



### Need expert help? Contact your Coach! Trusted help any time of the year

During the busy holiday season, you may have questions about maintaining your health and well-being and not know where to turn. Luckily, your Wellness Coach can help with a variety of health- and wellness-related concerns. H&H Health Coaching is here to help! Call your Wellness Coach for answers to questions like:

- How can I stay healthy during the holidays?
- How can I enjoy social events and stick to my eating plan?
- What strategies can I use to fit physical activity into my hectic schedule?
- Are there things I can do to better manage my stress during this busy time of year?



These are just a few of the questions H&H Health Wellness Coach can help answer. **Call to find help and solutions for these concerns, and more!**

### Get Started Today

Phone: 800.832.8302

Web: [www.HHHHealthAssociates.com](http://www.HHHHealthAssociates.com)

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## Healthy party starters! Nutritious appetizer ideas

Whether you're hosting a holiday party or family gathering, or you're a guest contributing a dish to the celebration, there are many ways to make your holiday party a healthy, tasty, and festive event. We recently asked some of our members to tell us what healthy appetizer they would make for their next holiday party—and we're sharing a few of our favorite responses with you. Try one of these fun ideas!

"Deviled eggs, stuffed peppers with turkey, and chocolate dipped berries." – *Mark*

"Hummus with raw veg and chicken on a stick."  
– *Ann*

"You can't go wrong with fruit or veggie platters. My kids love them."  
– *Blythe*



**Need healthy holiday  
Call your Wellness Coach for help!**

## Keep-calm tactics 'Tis the season to stress less!

Getting caught up in the spirit of the holidays can add stress to your already busy life. Try these tips to stay calm:

- **Plan ahead.** Set aside specific days for shopping, baking, or visiting with friends.
- **Learn to say no** when your holiday calendar gets too full. It's okay to set boundaries and decline invitations sometimes.
- **When it's cold outside** and life gets a little chaotic, treat yourself to a nice, relaxing bath.

Make this holiday season one to look forward to, not one to stress about!

**Call your Wellness Coach for more ways to manage stress during the holidays!**



## Keys to better holiday nutrition

### Balance and moderation!

Eating healthy during the holidays doesn't have to be hard. In fact, it can be quite delicious! Try these simple tips.

- **Follow the My Plate Model.** Fill at least half of your plate with fruits and vegetables, then whole grains and protein. Fill up on the good stuff!
- **Small, frequent snacks.** Eat small, healthy snacks (like fruits and vegetables) in between meals so you can keep a handle on your hunger.
- **Limit desserts.** Ideally, dessert should only make up 10% of your diet (that's about 150 – 200 calories).
- **Drink in moderation.** Treat alcohol like a dessert and drink no more than one, or two for men, beverages containing alcohol.
- **Enjoy eating!** Don't forget to enjoy the actual meal. Eat slowly. Savor the flavors. Stop when you are no longer hungry. The less you eat today, the more leftovers you have tomorrow!

Remember, focus on moderation and balance to keep your holidays nutritious and enjoyable.

Your Wellness Coach is a great source for ideas to help you eat healthy during the holidays. Call today for personalized, one-on-one guidance!



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## You asked, we answered: What are some ways I can stay active during winter?

It's important to remember that staying active is just as important in the winter as it is in the summer. In fact, given all the delicious holiday food around, it may be even more important! Here are some ways to stay active during the colder months:

- **Stick to your schedule.** If you exercised at a certain time in the summer, that time will work just as well in the winter. Keep the habit going!
- **Try enjoyable activities.** If you have a gym membership, winter is a great time to use it. Don't want to go to the gym? Follow a workout video at home.
- **Get out there!** If you miss your outdoor runs, do them—just be mindful of less daylight and colder temperatures. If it's dark, wear reflective clothing and bring a headlight to see your path. If it's cold, wear warm layers.
- **The more, the merrier!** Being active and spending time with family and friends can go hand in hand. Invite others to join you for fun activities that get everyone moving, like ice skating, sledding, or walking around the neighborhood to check out the holiday lights.



**Reminder!** Your **Wellness Coach** is available via telephone, email or instant message to help you reach your health goals.

### **Wellness Coaching**

Your personal Wellness Coach can help you lose weight, eat better or reach other health goals.

### **Your Member Website**

Visit your member website for information, tools, tips and more!

## Get Started Today

**Phone:** 800.832.8302

**Website:** [www.HHHealthAssociates.com](http://www.HHHealthAssociates.com)

### **Who is eligible?**

The Wellness Coaching feature is available to eligible employees, their spouses and dependent children, age 18 and older.



## Help is Just a Phone Call Away

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**Website:** [www.HHHealthAssociates.com](http://www.HHHealthAssociates.com)