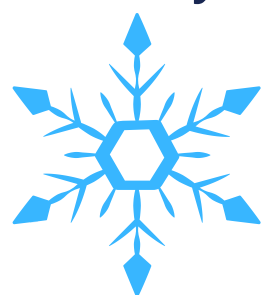


Challenge Details:

- About:** The holidays are filled with traditions that include some of our favorite meals, foods, and celebrations. As you celebrate the holidays think of little changes you can make to create healthier meals and active days this season!
- What To Do:** Circle, "X," highlight, or add your initials for awareness of how many days you've participated in the Healthy Holidays Challenge.
- Incentive for Having a Healthy Holiday:** If you have 12 or more more days tracked in this challenge - congratulations! You are one step closer to sustaining healthy, holiday habits!



Happy
holidays



Tips to Creating Healthy Meals and Active Events During this Holiday Season!

Make moving part of every holiday get together	Decorate foods with nuts or seeds	Add eye-catching fruits to a favorite dish	Make fun ice cubes from 100% juice	Plan your meal in-advance and buy foods on sale	Buy in-season produce to save money	Be a cheerleader for healthy habits this season
Serve a new, healthy recipe	Keep moving at parties	Go easy on sauces and gravies - they can be high in saturated fat & sodium	Go for a walk after your meal or after dessert	Add slices of fruit to make water more exciting	Give gifts that encourage healthy habits	Quench your thirst with low-calorie options
Save money by offering foods that fit your budget	Make small changes in your old recipes to make them healthier	Ask for help with cleaning dishes	When serving meats, trim away any fat before cooking	Spend time with family and friends	Make a savory, healthy salad	Offer whole-grain crackers at party
Try apples baked with cinnamon & a sprinkle of sugar rather than apple pie	Find ways to cut back on sugar, salt, and fat	Drink water with lemon or lime slices	Create a "float" by adding a scoop of low-fat sorbet to seltzer water	No processed sugars	15 minutes or vigorous exercise	Don't forget to laugh!
Create new meals with your leftovers	Limit caffeine intake	Exercise for 30 minutes during the day	Number of Challenges Completed:	 At Least 12 Days		

Thank you for your participation in the Healthy Holidays challenge!!