



# Healthy Holiday Habits

December 5, 2018

Presented By | Coach Shelby



# AGENDA

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- Stress and Emotion
- Winter Activity
- Healthy eating





# STRESS AND EMOTION

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## Financial

- Communicate
- Set Expectations
  - Budget
    - Sales
    - Homemade gifts

## Scheduling

- To-do list
- Schedule “you” time
- Say “NO”





## STRESS AND EMOTION

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### Emotional

- Acknowledge your feelings
- Reach out
- Be realistic



# STRESS AND EMOTION

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## De-stressors

- Music
- Massage
- Reading
- Gratefulness journal
- Breathing/Meditation
- Exercise





## WINTER ACTIVITY

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### Benefits

- Calorie Burn
  - Brown fat
- Heart Health
  - Be mindful of heart conditions
- Vitamin D
- Mood and energy



# WINTER ACTIVITY

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## Tips

- Schedule it
  - Use the daylight you have
- Set a goal and reward
- Family/friends bonding





## HEALTHY EATING

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- Eat before you go
- Drink water
- Steer clear of the food table
- Bring your own healthy option
- Smaller plates



# HEALTHY EATING

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- Don't drink your calories
  - Watch the alcohol
- Give away or donate your leftovers, and politely say no to taking too much
- Focus on family and friends, not food
- Remember, it's a holi "day"

## **Bonus tip:**

- Get enough sleep!



# CHECKLIST

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Be mindful of your emotions

Keep moving

Don't let the holidays become a two month free-for-all



# UPCOMING WEBINARS

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## Breaking Habits

We always focus on making new habits, but what about breaking those bad ones? You'll get a blueprint to stop the cycle of those bad routines so you can make new and improved habits

January 2, 2019



## Heart Health

February is the month of love, and heart health month. Get tips on keeping your heart strong so you can keep on loving life for a long time to come!

February 6, 2019

Find out more on [www.healthcheck360.com/blog](http://www.healthcheck360.com/blog)



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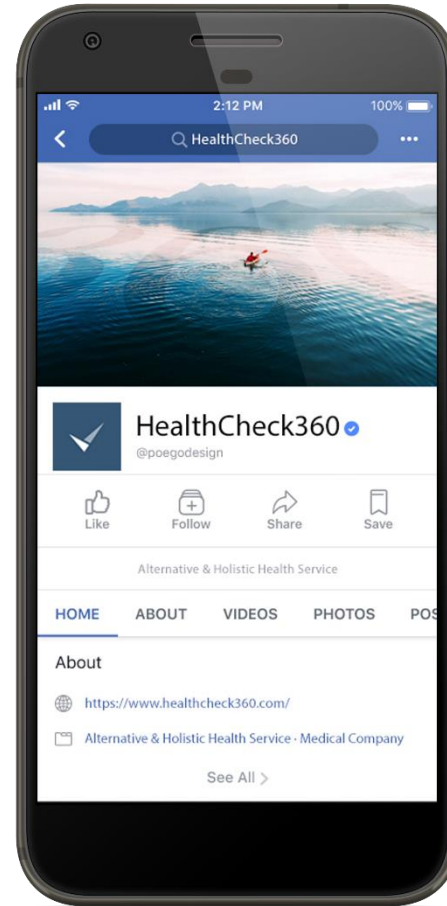
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QUESTIONS?