

Live Well, Work Well

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Health and Wellness Tips for Your Work and Life
Provided by HealthCheck360



Tips for Sticking to Your Diet During the Holidays

The holidays bring to mind thoughts of family, friends, fun and food. However, each year, millions of Americans struggle to maintain their waistlines during the holidays while surrounded by tempting holiday treats.

With so many social gatherings during this time, it can be difficult to avoid treating yourself when you're offered good food and drinks. Whether you're dieting or just trying to maintain your healthy lifestyle, fear not—you can survive the holidays and wake up on Jan. 1 without feeling remorse or guilt. Consider the following tips:

- **Don't go to a party hungry**—Eat before attending a party so you don't arrive on an empty stomach and devour everything in sight.
- **Eat slowly**—Be mindful of every chew. It takes your body 20 minutes to realize when it's full.
- **Pace yourself when drinking**—Alcohol can be dangerous at holiday parties, as overindulgence cannot only cause embarrassment, but also pack on the pounds.
- **Make socializing your top priority**—If you're distracted with conversation, you'll be occupied and less likely to indulge in food or drinks.
- **Don't feel pressured to eat leftovers**—If you have an abundance of leftovers after hosting a party, don't feel like you have to eat them just because you don't want them to go to waste.
- **Practice self-control**—For example, allow yourself one plate of food at a party, and promise yourself that you won't go back for seconds.

Curried Squash Stew

1 Tbsp. olive oil
1 yellow onion (chopped)
2 cloves garlic (minced)
1 celery stalk (chopped)
½ tsp. ground cinnamon
1 large zucchini (chopped)
2 Tbsp. curry powder
3 cups butternut squash (chopped)
1 14.5-ounce can low-sodium tomatoes (diced)
1 14.5-ounce can low-sodium chickpeas (drained, rinsed)

Preparations

1. Heat a large pot on the stove over medium heat and add oil. Add the onion, garlic and celery, and cook about 10 minutes, until the onion is tender.
2. Add zucchini and curry powder and cook for 10 minutes, stirring occasionally.
3. Add the butternut squash, tomatoes and chickpeas, and cover. Continue cooking for about 10 minutes.
4. Serve with cooked brown rice.

Makes: 4 servings

Nutritional Information (per serving)

Total Calories	234
Total Fat	6 g
Protein	9 g
Carbohydrates	41 g
Dietary Fiber	9 g
Saturated Fat	1 g
Sodium	167 mg
Total Sugars	10 g

Source: USDA

Manage Your Holiday Stress

The holiday season can bring joy and celebration, but this time of year can also bring stress to you and your family. Whether you are worried about money, gift-giving, or finding enough time to get everything done on your to-do list, using the following coping mechanisms can help you approach your holiday stress in a mindful way.

- **Get Organized** – Write down all the things you need to do, errands to run, or places you need to be can help you visualize your to-do list and make it seem much more manageable than before.
- **Know that it's OK to say "no"** – Before accepting an invite to an event, ask yourself if it will interfere with you getting work done or running important errands, just say "no" politely and use your time wisely.
- **Create and stick to a budget** – Money is one of the biggest holiday stressors for people. Set a realistic budget this holiday season and do not go over it.
- **Ask for help when you need it** – You don't have to decorate, wrap presents or cook by yourself. Ask friends or family members to help you complete these tasks. This will elevate pressure from your to-do list and help you get quality time with loved ones.

Daily Use of This Supplement May Help Lower Heart Disease Risk

According to a team from Harvard's School of Public Health, daily use of omega-3 fish oil supplements may help you bolster your heart health. The team reviewed data from 13 different studies and found that consuming about 840 milligrams of omega-3 fish oil per day was linked to a lower overall risk of dying from heart disease.

In addition to taking omega-3 fish oil capsules daily, the team recommends focusing on living a healthy lifestyle to keep heart disease at bay. A healthy lifestyle includes maintaining a healthy weight, getting enough exercise, avoiding tobacco and alcohol consumption, and eating a well-balanced diet.

For more information about your risk of heart disease or lifestyle changes, contact your doctor or HealthCheck360 health coach.