

Healthy Lifestyles – Marshfield Area Coalition’s Healthy Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five”. Check out these creative tips to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

5 Healthy Holiday Tips



It’s the holiday season! That means plenty of friends, family, and parties with plenty of food. With the hustle and bustle that the holidays bring, it’s easy to forget those healthy habits. Here are some tips to stay healthy this holiday season.

1. **Stay active.** It’s easy to let go of your normal routines during the busy holiday season. Find creative ways to stay active with your family, such as skiing, sledding or simply playing in the snow.



2. **Send leftovers with guests.** If you are hosting a party, you will often have many leftovers to tempt you for days. Sending some leftovers with guests can help reduce temptations to overeat.



3. **Don’t go to a party hungry.** Attending a party on an empty stomach can increase the chances of over-indulging on those irresistible holiday treats. Have a light snack before you go and bring a healthy dish.

4. **De-stress.** The holiday season can bring stress from many sources. Manage your stress by

5. **Green Beans** are a great source of Vitamins C & K; they also provide Vitamin A, fiber, potassium, folate and iron.

To view article visit our Web site at www.marshfieldhealthylifestyles.org

For more information about the coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.

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