

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



The Holidays often mean friends, family, and holiday parties with plenty of food. With the hustle and bustle that the holidays bring, it’s easy to forget healthy habits. Here are some tips to help you 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. **Set limits.** To avoid overeating, try setting limits to how many holiday treats you eat a day. Control your risk for temptation, but allow yourself to enjoy the tasty treats. If hosting a party, send leftovers with guests to help reduce temptations to overeat in the days following.



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.** Manage holiday stress by sticking to your healthy habits, planning ahead, seeking support if needed and taking a break!
5. **Cook healthy holiday foods.** Try making healthier versions of traditional holiday favorites by substituting ingredients. Try using low-fat or fat-free ingredients when cooking and baking and keep healthy treats on hand.

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