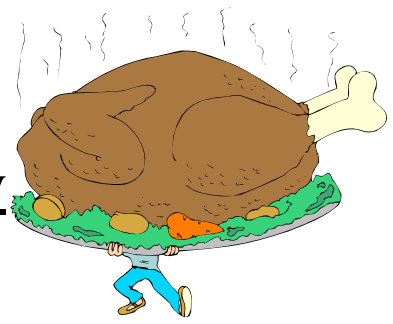
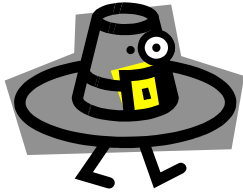


Surviving the Thanksgiving Holiday



1. Build in activity.



- Think about what you like to do for physical activity. Can you make that a part of your holiday?
- Invite your friends and family to take a walk with you after dinner (or any time during the day)!
- Find a fun way to be physically active that can become a new holiday tradition.

2. Plan ahead for healthy eating.



- Think about what changes can be made to the menu to make the meal healthier (see handout).
- Eat smaller portions. You can still enjoy the traditional meal of turkey, stuffing, potatoes, and pumpkin pie, just reduce the amount of each food you have. You might want to try using a smaller plate or decide that you will only have 1 plateful of food and eat slowly!
- Choose quality, not quantity. You don't have to eat *everything* that is served. Pick the foods that are special and skip the foods you eat regularly (like dinner rolls)!

3. Decide what to do about alcohol.



- Alcohol may lower self-control over your attempts at healthy eating.
- Alcohol increases appetite.
- If you drink, be aware of the calories (see handout).

4. Plan strategies to deal with tension, stress, and fatigue.



- Hold a family meeting before the holiday and talk about ways your family can help.
- Make plans to simplify.
- Plan nonfood ways to cope with stress, including exercise. Practice some relaxation techniques.

5. Plan pleasures other than food or drink.

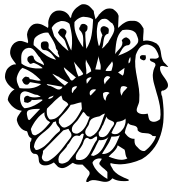
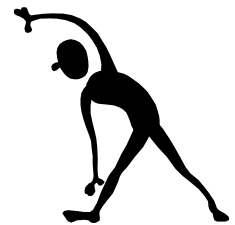


- Plan the kind of holiday *you* want.
- Plan daily times to relax.

6. Keep your *health* in mind.



- Be physically active.
- Eat healthy meals over the holiday.



Have a Happy and Healthy Thanksgiving!

