

12 Steps to Better Health

Step 11: November

Celebrate With Activities This Holiday Season!

The holiday season is a time to relax, enjoy family, share traditions and make memories— all without adding on extra pounds. Increase your level of physical activity by adding an activity plan into your schedule.

Tips for an Activity Plan!

Commit to a physical activity plan.

Planning fun activities for your family in advance can keep you on task and can encourage participation more easily.

Act out the traditional family stories.

Instead of sitting around the living room and sharing stories, act them out. You stay active and get to enjoy the silly gestures your family makes.

Do the holiday decorations as a family.

Divide your family into teams and decorate different sections of the house. For even more fun, create competition and reward with the right to brag.

Get involved with community activities.

Find a local marathon race and encourage family participation. You can also volunteer at your local shelter, which is a great way to teach the younger members that the reason for the season is giving.

Take family fun outside.

Plan activities outside of the house: Eat dinner outside this year, pick vegetables from the family garden, or create equal teams for a competitive game of turkey bowl. The children will love the excitement and you will work off those turkey dinner pounds.



For more information visit:

www.cdc.gov/physicalactivity
www.cdc.gov/family/holiday/12ways.htm
www.pensacolamarathon.com



Public Health
Prevent. Promote. Protect.

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Be Portion-Size-Wise!

1 slice bread = size of a computer disk



1/2 cup pasta or cereal = size of a computer mouse



1 cup raw fruit or vegetable = size of baseball



1/2 cup cooked fruit or vegetable = size of a computer mouse



3 ounces meat = size of a deck of cards



1 oz cheese = size of four dice



Now begins the eating season — that time of year where many of us become troubled by the increasing tightness of our pants . . . —anon.

During the “eating season” we will want to pay close attention to the portion size of the foods that we eat. Large portions and “second helpings” often more than double the amount of calories that we may eat.



The bottom line is that we should be portion-size-wise year-round. If you start now — in the height of holiday potluck madness — you will have made it through one of the biggest diet challenges of the year . . . without having to buy new pants.

Here are some tips to help you out::

- 1. Use a smaller plate!** Today’s salad plate was probably your grandmother’s dinner plate. Filling a modern dinner plate with your meal will result in too-large portions; use your salad plate instead.
- 2. Turn your plate “upside down.”** Instead of filling it with meat and starch; choose more nonstarchy vegetables (about 1/2 the plate) with the higher-fat & -calorie meats and starches plated where you once “squeezed in” those broccoli florets or green beans.
- 3. Watch those added fats closely.** Gram-for-gram, fat foods have over twice the calories of carbohydrate or protein foods. This means that fat food servings should be smaller. Measure servings of salad dressings, gravies, and other sources of added fats; also, choose low fat versions of these foods and look for other ways to reduce excess fat in your diet.

2 tablespoons salad dressing = size of a golf ball



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1 teaspoon butter = size of a die

