12 Ways in 12 Days
Health Tips for the Holidays (and after)

Need party snacks? Remember the original fast foods – fruits and veggies! What’s faster than an apple or a carrot?

Celebrate! Talented people come in a great variety of shapes and sizes.

Break the fast! Jump start your day with a warm bowl of oatmeal and glass of lowfat or nonfat milk.

Honor the gift of food! Eat when you are hungry and stop when you are satisfied.

Walk every day! Enjoy the holiday sights and sounds. Take a friend along.
Prepare meals together! And enjoy pleasurable mealtimes with family and friends.

Enjoy food! All foods can fit when eaten in moderation. Savor treats by enjoying every bite.

Kid around! Make a snowman or toss snowballs. Move your body to reduce stress and increase energy.

Give the gift of yourself. Share some time with friends and tell them how special they are.

Portion control! Try smaller portions of your favorite foods. And resign from the “Clean Plate Club.”

Drink up! Water is essential in the wintertime too – especially when you are active.

Go surfing! Learn more about healthy eating and living by visiting the WIN the Rockies website www.uwyo.edu/wintherockies.