During the holidays, it can be challenging to both enjoy the festivities and maintain healthy habits. Here are some ideas of how to celebrate good health this holiday season:

1. Take a 30 minute walk with loved ones before or after you enjoy a holiday meal.
2. Volunteer to bring a healthier dish to holiday potlucks.
3. Sign up for a holiday-themed 5K or other active event with family and friends.
4. Fill your plate with healthier options first, such as lean meats, fresh fruits and vegetables, and whole grain crackers with cheese. Then enjoy holiday favorites in moderation.
5. Plan the times when you know you’ll enjoy holiday treats, and choose healthier options at other times.
6. If the weather is too cold to go outside, set up an activity you can do indoors, such as a family or friend Wii Fit tournament or dance party.
7. Food doesn’t have to be the focus of every holiday gathering. Consider letting activities, such as hiking, board games, or crafts take center stage.
8. Choose foods that you genuinely enjoy, instead of choosing them just because they are traditional holiday dishes.
9. Easily trim hundreds of calories by alternating favorite holiday beverages with water.
10. If you know you’re attending a holiday party, eat a healthy snack beforehand. You won’t be starving, so you’ll be able to make healthier choices.