

HOLIDAY HINTS

A Holiday Survival Guide For Your Health

(NAPSA)—While the holidays can play havoc with your health fitness regimen, it is possible to enjoy yourself and the season and without abandoning your good intentions and healthy habits.

To help women make healthy choices over the holidays and reduce their risk for heart disease and stroke, the Go Red For Women movement suggests that women:

Make the holidays healthy—

- Take time to enjoy the holiday season with family and friends. Gather around the fire to enjoy low-fat hot chocolate and share favorite holiday memories.

- Offer vegetables in addition to traditional side dishes like stuffing or mashed potatoes at your holiday meals.

Set the stage for success—

- Don't starve yourself the day of the party so you can fill up on food later. If you eat normally throughout the day, you're much less likely to overeat at the party.

- Remember: The point of holiday gatherings is to celebrate, not to eat. Mingle with friends and loved ones instead of hovering around the buffet table.

To get more tips, or join the Go Red For Women movement yourself, visit AmericanHeart.org.

By participating in the American Heart Association Choose To Move program, women learn how to make physical activity and healthful eating a part of their daily lives. The free, 12-week self-paced program helps women juggle work, family and other responsibilities and teaches women how to reduce their risk for heart disease and stroke with tips like these:

- Set out healthy snacks like roasted almonds. At 160 calories per serving, they're packed with protein and vitamin E. Other



smart choices include fruit or low-fat yogurt. Choosing foods low in saturated fat and cholesterol helps reduce total and LDL (“bad”) cholesterol.

- Create healthful holiday habits, such as a walk around the neighborhood after dinner to look at holiday lights or a morning jog or bike ride.

- Use the holidays to create quality family time. Turn off the TV and play ball with the kids.

Find more helpful tips and join the program at AmericanHeart.org/ChooseToMove.

Gaining weight is one holiday tradition no one wants to keep. Mastering a few cooking techniques can help you create a healthier diet without losing out on flavor:

- Cut down on saturated fat in creamy dressings by mixing in some nonfat or low-fat plain yogurt.

- Use nonstick cookware so you can cook with a minimum of oil or vegetable oil spray.

- Substitute chopped vegetables for some of the bread in your stuffing recipe.

Find more tips and 600+ fabulous, heart-healthy recipes in “The New American Heart Association Cookbook, 7th Edition” at booksellers everywhere.