

Holiday Work or Family Get Together?  
We've got you covered!

## 5 Tips to Stay Healthy at Holiday Gatherings

### Pregame Before the Party

Have a smaller meal before going to a party will curb hunger and help you avoid overeating.

### Focus on Socializing

Conversations are calorie free! Mingling with others will keep you from overeating and allows you to enjoy the party.

### Get Moving

Partake in the games and dancing at parties. It will burn calories and keep you away from the buffet table!

### Watch your Liquid Calories!

Lattes, egg nog, wine and mixed drinks can add up to hundreds of calories! Opt for sparkling water with lime.

### Opt for Smaller Plate

Allow yourself one small serving of holiday treats—then fill the rest of your plate with healthier snacks.

