

# HAPPIER HOLIDAYS.

You probably don't go around in December wishing people "Merry Breakfast!" -- but maybe you should. Because one of the best ways to avoid over-eating during the holidays is to make sure you eat breakfast every morning. Missing that first meal of the day can cause you to feel intense cravings and extreme



the big number

.8

The average adult gains just .8 pounds during the holidays, but 14% of overweight adults gain 5 pounds or more.

hunger, making it difficult to avoid high fat, high sugar temptations. Keep it healthy and substantial -- something like a veggie omelet with whole wheat toast and a clementine or two, or lean ham and egg on a 100% whole grain English muffin with a banana, or a big bowl of whole grain cereal with nonfat or lowfat milk, sweetened with fresh fruit. And you'll have a "Merry Breakfast" AND a "Happy New Meal!"

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"BALANCING ACT"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### MIXED NUTS

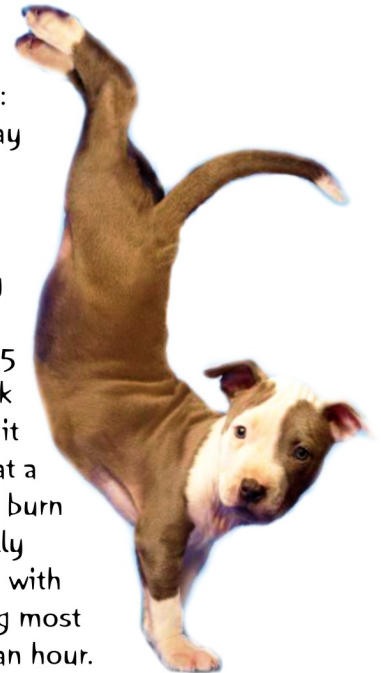
Healthy snacks, like oranges and nuts in the shell, were once highly prized stocking stuffers, relished as treats by kids and adults alike! Hard to believe?



Surely you've heard of "chestnuts roasting on an open fire"? It's a good old holiday tradition worth reviving!

## PLAY HARDER

Of course, there's another way to keep holiday weight gain at bay: KICK IT UP A NOTCH! Play more, play harder, or play longer (or do all three!) during the holiday "eating season." So if you usually exercise for 30 minutes, increase your session to 45 minutes. If you try to work out four days a week, kick it up to six. Then you can eat a little more, knowing you'll burn off more, too! Don't usually exercise much? Start now, with 15 minutes of brisk walking most days, and work up to half an hour.



## LEARN EASIER

While you're getting all of that exercise, put your mind to work, too. Listen to a book and do some learning while you're sweating! You can download many titles for free from the library.



First things First

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**School Meals**  
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Over the course of the last decade or so, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We use this monthly Wellness Newsletter to keep you posted on these changes and much more!

**DON'T GET!**  
Take at least **ONE** **FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

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## LIVE HEALTHIER



You've no doubt heard that you should eat five servings of fruits and veggies every day. During the holidays, shoot for seven servings instead. You'll stay fuller and take in fewer total calories!