

Festive Top Tips

Don't sit down all day - find opportunities to move and get outdoors

Keep your immunity up - practice self-care with sleep, good nutrition, movement, and relaxation

Don't get stressed - it's only a few days, and everything doesn't have to be perfect, just breathe and stay calm

Eat healthy snacks and treats - avoiding where possible lots of sweet and highly processed and calorific items

Be mindful when eating - don't just eat things for the sake of it, eat only if you are genuinely hungry and have normal portion sizes

Keep your brain active - play some games, or do something practical like setting up some new gifts or gadgets

Plan and prepare in advance - to ensure healthy meals, and use shopping lists to buy only what you need to avoid excessive wastage or over consumption.

Be kind to others - take time to think of others and engage with those who may not be so fortunate over the festive season

Go easy on the alcohol - intersperse alcoholic drinks with soft drinks

Don't graze all day - and keep tempting foods out of site and reach

