



Don't let the holidays derail your plans to eat healthier and get regular physical activity.

These tips can help you stay on track.



Schedule a set time for physical activity and stick to it.

Make this a priority as a family during the holidays (and every day!).

Reduce screen time.

Take a break from sitting at the computer or TV and go for a short walk or stretch.



Bring a healthy version of a holiday dish.

Share at a party or potluck with your family, friends, or coworkers.

Limit your consumption of holiday treats and alcohol.

Eat a smaller slice of pie or have a small glass of wine instead of spiked eggnog.



Plan for setbacks to help you regroup and get back to your healthy habits.

Remember, it's never too soon or too late to achieve a healthy weight.

► Visit www.niddk.nih.gov for more tips on weight management and healthy eating.

