Healthy Holiday Countdown

1. Maintain don't gain-Weigh yourself before holidays
2. Take a walk outside with family or pets
3. Digital Detox. Put your phone away
4. Read for 30 minutes
5. Pay it forward-Harbor Haven Tree Wish
6. Park farther away today
7. Get 30 minutes of heart-pumping exercise
8. Meal plan your next shopping trip
9. Shop local or support small business
10. Write down 5 thing you're grateful for
11. Start the work week with a nutritious breakfast
12. Incorporate whole grains in 2 different meals
13. Snack Attack-Pair protein & carbs at snack time
14. Visit holiday lights
15. Outdoor adventure with kids or pets
16. Eat with all 5 senses today
17. Get an extra hour of sleep tonight
18. Use a 15 minute break to stretch
19. Try a YouTube workout video
20. Skip texting and call a instead
21. Go for a snowy walk
22. Eat away from your devices and tv
23. Self-Care Saturday, do something nice for yourself
24. Swap one of your other drinks for water
25. Swap dessert for an extra serving of veggies
26. Look at available EAP services
27. Shovel the sidewalk-bonus if you help a neighbor
28. Engage in conversation & listen more than talk
29. Make half your plate fruits & veggies
30. Create a SMART goal for next year
31. Maintain don't gain-Weigh yourself & compare to day 1