

VitaMin

Vital health information in a minute!

Healthy habits for a healthy year

A healthy end to your holiday season.

Are you in a holi-daze from all the rich foods, creamy drinks and lack of exercise this holiday season? Put the pep back in your post-holiday step by eating right and getting some exercise. Here are some tips to get started:

1. Rise and shine for breakfast

There's a reason why people say breakfast is the most important meal of the day. It gives you the energy you need to get off to a healthy start. For a nutritious breakfast, try instant oatmeal with low-fat or skim milk instead of water for extra calcium, sprinkle fruit on low-fat yogurt for extra fiber or top a toaster waffle with berries.

2. Add some color to your plate

Eating at least two servings of fruit and at least three servings of vegetables each day is one of the healthiest things you can do. It can help fight obesity and help prevent chronic diseases. Add many different colors of fruits and vegetables to your plate for a wide range of nutrients. Try sprinkling berries on your oatmeal, adding veggies to your pizza or using fruit in a smoothie.

3. Get a move on

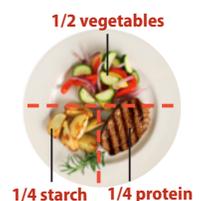
Regular exercise is important for your overall health. It helps keep your body at a healthy weight, gives you a feeling of well-being and reduces your risk of chronic diseases – like heart disease and diabetes. Just 30 minutes of exercise a day can have major benefits. Take the dog for a walk, use the stairs instead of the elevator or go for a walk during lunch.

4. Snack wisely

Vending machine calling your name? Avoid snacks that are heavy on calories and light on nutrition. Try preparing 100-calorie snacks in resealable bags and keeping them handy throughout the day. Ideas include a handful of almonds, a small banana or string cheese. It'll give you the energy and nutrients you need without weighing you down.

5. Avoid portion distortion

The holiday season is a tempting time to take an extra trip to the buffet or indulge in a second dessert. But now that the holidays are over, it's time to be portion-savvy. Learn the right serving sizes for what you eat. Avoid extra-large beverages or supersized restaurant orders. And turn off the TV during mealtime so you can truly enjoy your food and recognize when you're full.



6. Think before you drink

Now that the eggnog carton is empty, it's time to focus on healthy drinks that truly quench your thirst and keep you hydrated. The best choice? Water. It's great for your skin, helps you digest food and can even help you lose weight. Try to drink a glass of water with each meal and between each meal. Avoid soda and sweetened drinks that are loaded with calories and sugar.