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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

The Sedgwick County Health Department Encourages the Holidays Healthier!

(Sedgwick County, Kansas) – Eating more is often synonymous with the holiday season. The Sedgwick County Health Department wants to remind you that if you do find yourself eating more, you need to be sure you find time to move more too. Portion control is more important this time of year than any other.

The following are tips to help you get through this season without gaining extra weight and health risks:

- **Eat and drink in moderation.** Carefully monitor your fat, sugar, caffeine, and alcohol intake during the holiday season. Concentrate on sampling only one or two special foods at each holiday celebration. Drink a large glass of water before you eat.
- **Get plenty of sleep.** Pay attention to your body's need for sleep during this intense time of year. Be especially mindful because the holidays are also a prime time for the seasonal flu and other communicable diseases. Sleep loss may also affect your metabolism and your mental ability to resist temptation.

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- **Plan holiday celebrations around activities not meals.** Start a tradition of ice skating or park and walk to view neighborhood lighting displays instead of riding in your car.
- **Give yourself the gift of planned physical activity.** Make exercise a priority by scheduling it into your routine. Physical activity is an effective method for preventing weight gain during the holidays by burning calories, suppressing appetite, and helping deal with stress. Current recommendations are to walk 10,000 steps, or about five miles, a day.
- **Don't skip meals before or after a big celebration.** This practice creates a famine-feast-famine cycle.

To help residents eat healthier during the holiday season, the Sedgwick County Health Department has created "The Holidays Healthier Cookbook." The cookbook includes healthier, lighter versions of many traditional favorites. This cookbook can be found online at www.sedgwickcounty.org or a hard copy can be requested by contacting the Health Promotion Staff at 660-7350.

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