DECEMBER

HEALTHY HOLIDAYS CHALLENGE

This holiday season, commit to keeping health in your holiday by following the calendar below. It's easy, just match the daily color with the list of simple strategies on the back, then pick the tip the best suits your day.

01	02	03	04	05		
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MINDSET

Simple strategies for a reducing holiday stress.

NUTRITION

Simple strategies for mindful eating.

MOVEMENT

Simple strategies for travel through the holidays.

RECOVERY

Simple strategies for tuning in to family time.

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SHAWN DASSIE
TACTICAL HUMAN PERFORMANCE

MINDSET

REDUCING HOLIDAY STRESS

- Relax. Instead of rushing from one commitment to another, make a conscious decision to go with the flow.
- Prioritize. Create a schedule that includes what's most important to you but still leaves time for unexpected or additional commitments.
- Hang out with yourself. Find some alone time to read a book, get a massage, or spend time outdoors.
- Hold yourself accountable. Stay committed to your movement game plan fitting in a workout with a friend, family member, or coworker.
- Avoid the drama. Commit to exhibiting an attitude of gratitude, no matter how many stressors pop up.
- Rise to the challenge. Make movement a new family tradition by adding step or minutes of activity competition after meals.
- Stay positive. At family gatherings, focus on creating new memories and check negativity at the door.

NUTRITION

PRACTICING MINDFUL EATING

- Eat local. Think about both the distance the food must travel and how that might affect the quality of the food you're preparing.
- Look for color. Strive to eat three meals in which there are at least three colors of vegetables or fruit on your plate.
- Enjoy. Put your fork down and drink water between bites, and allow yourself to enjoy the experience of dining with family and friends.
- Create a healthier table. When you're asked to contribute to the meal, bring the healthy option you'd make for yourself at home.
- Try something new. Find at least one item you wouldn't typically eat at each meal.
- Hone your culinary skills. Spend a little extra time in the kitchen learning from a friend of family member who's preparing the meal.
- Master the menu. When you're eating out, choose your meal based on the number of colors from vegetables and fruit.

MOVEMENT

TRAVEL THROUGH THE HOLIDAYS

- Plan ahead. Avoid chaotic travel delays by purposely building extra time into your itinerary.
- Embrace the journey. Help pass the time in holiday traffic or crowded airports by playing games with your family or fellow travelers.
- Get creative with recovery time. Turn long flights and car rides into nap time with noise-cancelling headphones or ear plugs.
- Keep moving. Instead of sitting in the terminal, set an alarm for your scheduled boarding time and walk around the terminal.
- Stay hydrated. Drink eight ounces of water for every hour you're flying.
- Take stretching breaks. Get up every 45 minutes to walk around and stretch for a moment.
- Avoid the in-flight cocktail. Alcohol increases your risk of dehydration, opt for water instead.

RECOVERY

TUNING IN TO FAMILY TIME

- Unplug. Set aside electronics and give family your undivided attention. If technology is a must, set aside a few hours that are technology-free.
- Stay positive. At family gatherings, focus on creating new memories and check negativity at the door.
- Share the good stuff. Make a list of things you appreciate about each of your immediate family members and share it with them.
- Avoid off social media. Enjoy every moment and wait until later to post updates or pictures.
- Start a new tradition. Make new, healthy memories with activities such as a family walk, healthy recipe cook-off, or a step challenge.
- Stay in the moment. Challenge yourself to focus on making memories, not watching the clock.
- Mix it up. Commit to making one new personal connection with a friend or neighbor.