

Making Spirits Bright

December 2013

It is starting to get cold outside and the kids are home for the holiday break! Take a look at the tips below for ways to get your kids active and healthy throughout this holiday season!

Active Holidays

Indoors Activities:

- Set up plastic cups on the floor and make your own bowling ally
- Play balloon volleyball! Fill up a balloon and don't let it touch the ground
- Play a game of Hide N' Seek
- Play active games like Twister or the Wii Fit

Outdoor Activities:

- Sledding
- Ice Skating
- Skiing
- Snowboarding
- Tubing
- Build a snowman
- Have a snowball fight

Healthy Holidays

Did you know that the average person can eat up to **619 extra calories** a day between Thanksgiving and New Year's Day?! This year keep the calories down by following the tips below:

- Reduce and replace! Stick to proper portion sizes and replace fatty foods with healthier options like veggies and dip
- Take the focus off of food by setting up board games on the coffee table instead of chips and dip
- Avoid sitting by the food
- Modify your favorite recipes! Check out the Healthy Holiday Baking Swaps for helpful tips on making your holiday favorites healthier!



Happy Holidays

The holidays can be stressful for families, but they are also a great time to show each other that you care. Try out the following activities below to make spirits bright all season long.

Gratitude Journals

Get everyone in your family a notebook. At a regular time such as dinner or bedtime, have everyone list 5 things they are grateful for in their journal. Parents or older children can write for younger children who can't do it themselves. Get together and share at least one thing from each list at least once a week.

Show your gratitude for one another by using the Santa's Secret Helpers handout!



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