Stay Healthy During the Holiday

Everyone gets busy during the holiday season, but this is no excuse to stop being physically active or to overeat. You can still make healthy choices during the holidays. The Center for Disease Control has compiled some tips to help you remain healthy during the holidays.

Try to stick to your regular exercise routine as much as possible. Remember that fitting physical activity in might take more planning than usual. Mark a time for exercise on your calendar, and think of it as important as any other appointment.

Limit the amount of time your family spends in front of the television. Also, cut back on the amount of time your children play video and computer games. Instead, start new traditions that incorporate fitness like taking a walk around the neighborhood to look at holiday decorations.

Use physical activity as a way to avoid or alleviate holiday stress.

Dance or exercise to your favorite holiday music.

Don’t stand by the buffet table. It leads to the temptation to overeat. Instead, mingle with family and friends.

Overindulgence is easy to do during the holidays. Try to pick a few of your favorite foods, and avoid large portion sizes.

Take sugar and butter off the table to avoid extra calories.

Remember calories add up, especially during the holidays when we snack more. For a healthy snack, choose a piece of fresh fruit.

For a great holiday gift, try going to your farmer’s market or grocery store and selecting fresh fruits and vegetables. Decorate a basket and fill it with all your tasty treats.

For other holiday tips visit the CDC at WWW.CDC.GOV.
On November 18, 2005 the Obesity Program held the Second Connecticut Stakeholders Meeting at the Capitol with over 100 professionals in attendance. Commissioner Galvin gave opening remarks regarding obesity as a major public health crisis in the State of Connecticut and the nation. At the meeting, Connecticut State Obesity Prevention and Control Plan: Healthy Eating and Active Living—Connecticut’s Plan for Health Promotion was released to the public. The mission of the Plan is to promote a stronger social norm for healthy nutrition behaviors and increased physical activity.

The Plan has three goals:

- Develop state infrastructure necessary for obesity prevention and control;
- Develop, implement, and evaluate community and worksite level model programs that can be replicated in other Connecticut communities and worksites, and;
- Create a mechanism for tracking environmental and policy changes and outcomes related to increased physical activity and improves nutrition practices.

The Connecticut Stakeholders meeting was well received by all that attended. Ninety-two percent of the professionals that attended responded that the agenda was relevant and beneficial to their work and resources and material provided were useful.

Read on for ConnectiFIT’s involvement in the Connecticut Stakeholders Meeting

Presenting the ConnectiFIT Program at the Obesity Meeting

During the Obesity Program’s second annual Connecticut Stakeholders Meeting Dr. Pouran Faghri, ConnectiFIT’s Project Director, presented on the role of worksite health promotion programs to reduce overweight and obesity. Dr. Faghri indicated that based on recent statistics more than 50% of adult Americans are overweight or obese and at high risk for many physical and psychological conditions, including cardiovascular disease, diabetes, cancer, and depression. Also based on the recent statistics 65% of the adults in United States are employed, this would make worksite a natural opportunity to reach those at high risk for overweight and obesity. She mentioned that people consume one or more meals daily at work and substantial proportion of daily calories are consumed during the working hours. Furthermore, people also spend a substantial amount of time at work. Therefore worksite health promotion programs could provide ample opportunities for nutrition and physical activity interventions, as well as providing health-related information, health screenings, preventive services, and gain the social support often needed for health behavior changes. Participation in a worksite health promotion program will eventually increase employee morale and reduces stress and potentially reduce obesity and overweight in addition to providing other benefits.

Dr. Faghri also spoke on the goals of ConnectiFIT program at the DPH, and presented the data that have been collected from participants in different program activities offered by the ConnectiFIT. She presented the plan to expand the ConnectiFIT worksite health promotion programs to other state agencies.
The holidays are a happy time of year for many, but also can be a stressful time of year. Here are some tips for battling stress this holiday season:

- **Plan ahead** - Set aside time for shopping, baking, visiting friends and family. Also, allow extra time for travel due to holiday traffic.
- **Learn to say no** - Do not take on more than you can handle during the holidays. People will understand if you cannot do a project or activity. Make sure you say yes only to projects that you really want to do, else you will spend your time resentful and overwhelmed.
- **Take a breather** - Taking just 15 minutes to yourself can make a world of difference. Do something quiet and relaxing with your time, like take a walk, or listen to relaxing music.
- **Rethink resolutions** - Set resolutions that are both realistic and attainable. Set goals and timelines to help you stay on track with your resolutions.
- **Be realistic** - Families grow and change frequently. Try to hang on to traditions that you enjoy, but understand when they may not be feasible any longer. Take the opportunity to start new traditions to carry on in the years to come.

These tips have been compiled from an article found in the National Institute of Health’s Medline Plus. For more information on relieving stress go to [http://www.nlm.nih.gov/medlineplus/stress.html](http://www.nlm.nih.gov/medlineplus/stress.html) or take a look at the November Health Living Seminar presented by Tami Hodges, found on the ConnectiFIT website.