Holiday Nutrition and Fitness Tips

Exercises for Home

- Split squats
  - Place hind leg on chair or stool
  - Bend front leg, keeping knees behind toes
  - Allow your back leg to lower, dipping your knee towards the ground

- Triceps Dips
  - Place hands on seat of chair facing forward
  - Slowly lower yourself down by bending at the elbow
  - Extend arms back up to finish the movement

- Pushups
  - Either on knees or toes
  - Make sure to keep your back straight and keep hands under your armpits

- Bridges
  - Lay on your back with knees bent and feet on the ground
  - While squeezing your glutes and keeping your hips level, raise your bottom off the ground

Tips on how to not over eat at holiday parties!

- **Trim back on the Trimmings**: limit the amount of toppings and additions you add to your food (gravy, butter, or extra pieces of bread)
- **Keep your dominant hand busy**: hold your drink in your dominant hand so you are less likely to reach for extra snacks
- **Chew gum**: again, you will be less likely to grab those extra snacks
- **Be a food Snob**: if you don’t absolutely love it, don’t eat it
- **NO skipping meals**: when your skip meal, you tend to over eat on junk food at the parties
- **Distract yourself with fun and games**: when you’re having fun you won’t be thinking about food
- **Limit calories from appetizers**: try and pick veggies or fruits and save the calories for the main meal

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