

## Healthy Gift Giving Guide for the Holidays

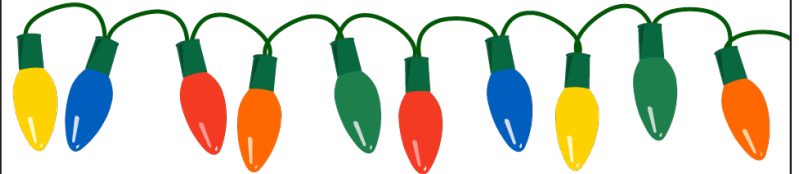
This holiday season, consider adopting a healthy theme for your holiday shopping. To help, we've put together some fun ideas that serve as enjoyable and thoughtful gifts, and which can be motivational nudges toward living a healthier lifestyle. Also healthy habits adopted by your friends and family can rub off on you, in some ways it's like giving a gift to yourself as well! Here are 50 gifts ideas categorized by their use for eating, moving, and healing:

### Gifts for Eating

1. Water bottle with built-in filter
2. CSA membership (Community Support Agriculture local organic produce delivered to your door)
3. Cooking classes
4. Nuts & fruit baskets
5. Food journal
6. Cookbooks
7. Juicer
8. Food blender
9. Food steamer
10. Food dehydrator
11. Lunch bag/cooler
12. Food scale
13. Food processor
14. Rice cooker
15. Vegetable peelers
16. Table top mixer
17. Tupperware for food portions
18. Gift certificate to a healthy restaurant



*Continued on the reverse side...*



## Healthy Holiday Mocktails

Consuming holiday drinks that include alcohol can place pressure on the liver and impacts blood sugar. Instead of consuming drinks that detract from our health, why not try a healthy mocktail that will add to it.

Besides cutting out alcohol, mocktails are healthier because they can be made with whole ingredients like fruits, natural sweeteners, herbs, bitters or fermented foods. Also you can blend or infuse a healthy holiday mocktail that is so delicious no one will miss that booze.

### **Pomegranate and Fennel Digestive Spritzer**

This simple mix of pomegranate seeds, kombucha and fennel slices will help with digestive issues like gas and bloating.

#### Ingredients:

½ cup pomegranate seeds  
1 fresh fennel bulb, thinly sliced  
32 oz of kombucha (any flavor)  
Ice



#### Directions:

Add pomegranate seeds and fennel to kombucha. Serve over ice.

### **Warm Triple Citrus Cider**

This drink is packed with sources of cold and flu-fighting vitamin C and turmeric which is an anti-inflammatory food for the body.

#### Ingredients:

1 grapefruit, juiced and strained  
1 lemon, juiced and strained  
1 orange, juiced and strained  
1 tablespoon apple cider vinegar  
1 teaspoon honey  
1/4 teaspoon turmeric  
1/2 cup water



#### Directions:

In a sauce pan, add the grapefruit, lemon, orange, apple cider vinegar, honey, turmeric, and water. Heat the ingredients on medium until warm and it reaches a light simmer. Pour into a mug or jar and enjoy!

Information provided by:

<https://www.culinarynutrition.com/20-best-healthy-holiday-mocktails/>

*Continued from the front side...*

### Gifts for Moving

19. Fitness center membership
20. Personal training sessions
21. Group exercise classes
22. Fitness monitoring device (Fitbit)
23. Pedometer
24. Gym towel
25. Gym bag
26. Running/training shoes
27. Home exercise videos
28. Exercise mat
29. Dumbbell weight set
30. Pull-up bar
31. Treadmill
32. Stationary bicycle
33. Road or mountain bicycle
34. Jump rope
35. Foam roller
36. Workout clothes
37. Heart rate monitor
38. GPS exercise watch for running

### Gifts for Healing

39. Yoga and meditation classes
40. Relaxation/meditation videos
41. Massage oils
42. Books (inspirational, educational, spiritual)
43. iTunes gift card for music purchases
44. Mobile music player (mp3 player/iPod) & headphones
45. Massage therapy sessions
46. Relaxing massage ball set
47. Accupressure mat
48. Noise maker for sleeping
49. Sleep mask
50. Make a donation to charitable organization

# HAPPY HOLIDAYS!

## New Year Better Choices



Make healthier, more effective, and more attainable New Year's Resolutions for 2019!

With the New Year around the corner, many people start to look at setting New Year's resolutions to better themselves and their lives. How many times have you set a New Year's resolution only to feel like you were not able to achieve it? Measurable goals are achievable goals so to help you be more successful this year, start with a solid, goal-setting plan.

Your New Year's resolutions should be "SMART" to be successful goals to achieve so use the "SMART" acronym:

- **Specific**
- **Measurable**
- **Attainable**
- **Relevant**
- **Time-bound**

Here are some examples to consider when deciding on and carrying out a New Year's Resolution:

- **Use specific language:** "I will eat healthier" < "I will make at least half of my plate fruits and vegetables".
- **Establish a clear time line:** "I will try a new exercise" < "I will try the Yoga after Work class offered by the Wellness Center".
- **Stay accountable:** Have a buddy with a similar goal, track your progress, or come up with a consequence such as donating to a charity if you don't reach your goal.
- **Be kind to yourself:** No one is perfect, avoid being too hard on yourself if you slip up, but set limits - splurging on 1-2 cookies is very different than half the batch.
- **Think small:** The pyramids weren't built in a day, or even a year. Start with a small step, instead of going from 0-7 days a week of exercise, start with 2 days.
- **Nix negativity:** Identify places and/or people who could be barriers to your goal, don't engage with negativity in a conversation and make your space somewhere you want to be, add ambiance, music, or something small to remind you of your goal.
- **Pick one, maybe two:** One behavior is easier to change at a time. If more than one is important, prioritize and make one long-lasting change before adding another.
- **Take action!** Ask yourself: what is one thing you want to do to improve your health this year and why is it significant to you?