

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



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Healthy Recipes for Holiday Parties

Eating unhealthy foods at holiday parties can create a recipe for disaster for your health. Here are some holiday recipes that are not only delicious, but can help you make healthy diet choices.

Healthy Holiday Smoothie

Ingredients:

- 1 cup almond milk
- 2 tbsp nuts or seeds
- 1/2 banana
- 1/4 cup canned pumpkin
- 1/2 tsp ginger
- 1/2 tsp cinnamon



Mix all ingredients in a blender until smooth.

Sweet Potato Crust Barbecue Chicken Pizza

Sweet Potato Crust Ingredients:

- 3 medium sweet potatoes
- 1 egg
- 1 cup almond flour
- 1/2 teaspoon salt
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon garlic powder
- 1 tablespoon apple cider vinegar



Pre-heat oven to 400°.

Cook sweet potatoes in microwave until soft.

Peel sweet potatoes and add to large mixing bowl with almond flour, egg, salt, dried oregano, dried basil, garlic powder, and apple cider vinegar. Mash ingredients until well combined and the mixture takes on a doughy consistency.

Use rubber spatula to spread on a Pizza Stone (you could also use a Silicon Baking Mat or greased baking sheet.)

Cook dough at 400° for 30 minutes.

After you add your toppings (listed below), return pizza to oven and bake for an additional 10 minutes.

Toppings:

- 1/2 cup barbecue sauce
- 1/2 cup tomato sauce
- 1 cup shredded rotisserie chicken (pre-cooked)
- 1 cup chopped spinach
- 1 medium red onion, sliced and sautéed

Recipes provided by:

<https://dailyburn.com/life/recipes/healthy-holiday-finger-foods-recipes/>

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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. Acupressure 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 2020!

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?