



Festive and Fit: Holiday Health Tips

Presented by

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Holidays Can Be Hard.

❖ Research shows the average person gains 1-5 pounds during the holiday season, with the weight often sticking around for the long term.

❖ During the holidays, 43% of people report feeling lonely, which can significantly increase stress level and lead to depression.

❖ 60% of adults reported poor sleep quality during the holiday season due to increased stress and anxiety.



Sources: National Institute of Diabetes and Digestive and Kidney Disease,
National Institute on Aging

Festive and Fit – Benefits of Staying Active

Mental Health

- Regular activity reduces symptoms of anxiety and depression.
- Just 30 minutes of exercise 3-5 days per week.

Long Term Impact

- The average person gains 1 to 5 pounds during the holiday season. Making activity a daily choice can help ward off unwanted weight gain.

Chronic Conditions

- 1 in 4 adults are not physically active in their leisure time contributing to chronic conditions like heart disease, diabetes, and obesity. Moving your body helps reduce risks.

Source: Centers for Disease Control and Prevention (CDC), Physical Activity and Health - Public Health Recommendations, 2022, National Institute of Diabetes and Digestive and Kidney Diseases.

Simple Tips for Staying Active



Season's Eatings: Enjoy the Festivities, Nourish Your Body

✓ Plan ahead

- Eat regular meals (don't skip breakfast!)
- Bring a healthy dish to a gathering

✓ Mindful consumption

- 80/20 rule
- Slow down and savor
- Make going back for 'seconds' a deliberate and worthwhile decision

✓ Hydration

- Staying hydrated can help prevent overeating
- Alternate alcoholic beverages with non-alcohol options like sparkling or infused water.



Source: Sara Casey, RD, LDN Director of Nutrition at Brookdale Senior Living

Holiday Recipes

Roasted Brussels Sprouts with Goat Cheese & Pomegranate



Cranberry Smash Mocktail

Source: Culinary Institute of America
EatingWell.com

Festive and Fulfilled: Balancing Mental Health and Holiday Demands

- ✓ Know your 'Why'
- ✓ Give yourself permission to say "No"
- ✓ Visualize your success
- ✓ Mindful breathing: 3-4-7
- ✓ Give yourself and others grace



Source: Psychology Today, 2020

In Summary, Strive for Progress, Not Perfection with these 7 tips:

1. Set clear and achievable goals
2. Hold your mindset accountable - Stay connected to your "Why"
3. Practice the 80/20 rule
4. Focus on movement, not just exercise
5. Find what you enjoy - Make it social
6. Avoid all-or-nothing thinking
7. Track progress



Wishing you
much joy
this holiday
season!

