Improve your well-being. It’s the most wonderful time of the year...but for many, the holidays are also a stressful time. When you’re really busy, it can be easy to slip into unhealthy behaviors. In this issue, we’ll give you plenty of tips to help you stay healthier throughout the holidays. We’ll provide tips to help you sleep better, fit fitness into even the most hectic days, and stress less. We’ll even give you some healthy holiday snack ideas, including an easy-to-make appetizer recipe that your friends, family, and coworkers will love.

Remember, you can always contact your Wellness Coach, who can work with you by telephone or email, for more help making your holidays healthier and less stressful.

A flavorful appetizer: Healthy spinach dip

Ingredients:

- 1 package (10 oz. size) chopped spinach, thawed & drained
- 1 package dry vegetable soup mix (low sodium if available)
- 1 cup low-fat or fat-free plain Greek yogurt
- 1 cup low-fat cottage cheese
- 1 medium onion, finely chopped
- 1 can water chestnuts, chopped

Directions:

1. Puree the cottage cheese in a food blender
2. Combine Greek yogurt, cottage cheese and soup mix
3. Add drained spinach, onion and water chestnuts
4. Chill for at least 2 hours before serving

Serve with raw vegetables and multigrain crackers.

Catch more zzz’s
Tips for sound sleep

Lack of sleep can make us moody and interfere with our productivity. It may also contribute to health risks such as obesity and diabetes. The general recommendation is to aim for a balance of 7-8 hours of sleep each night. The following tips can help you sleep more soundly:

- Make your sleep patterns consistent. Go to sleep and wake up at the same time every day, including weekends!
- Stop drinking caffeine after 2:00 pm.
- Try exercising at least 2 hours before bedtime.
- Turn off your cell phone and other electronics, and use dim—not bright—light in your bedroom.
- Manage stress by reading a book or listening to relaxing music before going to bed.

If you’re having difficulty getting in enough zzz’s, you might find that a simple change to your routine can make a big difference. Call your Wellness Coach for more sleep tips.

Get Started Today

Phone: 800.832.8302
Web: HHHealthAssociates.com
Healthy holiday snacks
Wholesome nibbles and noshes

This time of year, there is an abundance of holiday treats around. Trying to maintain healthy eating habits can feel like navigating a junk food minefield. It’s okay to enjoy the occasional treat, but be careful not to overindulge. Try these suggestions for healthier holiday party food:

- For an appetizer, serve deviled eggs—they’re high in protein.
- Buy or make a platter of pre-cut fruit—you’re likelier to eat well when healthy food is easily accessible.
- For a heartier snack, stuff mini bell peppers with cooked ground turkey and spinach.
- Put veggie platters on the table rather than chips. Use hummus or yogurt as a healthier dip.
- For a delicious dessert, dip berries in dark chocolate.

Contact your Wellness Coach for more nutritious snack ideas.

Stress less over the holidays
Take time to relax

It’s easy to get stressed out amid the holiday frenzy. Try these tips to reduce stress and maximize relaxation:

- **Don’t overcommit yourself.** Attend only the get-togethers you truly enjoy, not the ones you attend simply out of obligation.
- **Ask for help.** You don’t have to do it all on your own. Ask for help preparing holiday treats, wrapping gifts, shopping, or coordinating travel plans.
- **Be creative.** If you’re stressed about finances, try giving out gifts you make instead of buy—like homemade edibles, DIY bath products, or a handmade craft.
- **Take time for you.** Make sure to carve out time to do relaxing activities, like take a hot bath, read a good book, or have a meal out with a friend.
- **Live mindfully.** Take time to truly enjoy your favorite parts of the holidays—spending time with your loved ones, eating a seasonal treat, or watching a favorite holiday movie.

Contact your Wellness Coach for more stress management tips.

Stay active during the holidays
How to fit in fitness

With the holiday hustle and bustle, you may find that you don’t have enough time to fit in regular workouts. But you can still fit in some physical activity while you’re doing your holiday shopping and entertaining. Try these ideas:

- Power-walk while shopping. Park your car farther away from your shopping destination, and walk briskly to and from stores.
- Holiday household clean-up. Cleaning in preparation for guests? An hour of vacuuming along with some stair-climbing can equal a fast-paced cardio workout.
- Create a healthy holiday tradition. If family’s over, go outside and play touch football, go ice skating or sledding, or build a snowman together.

For more exercise ideas, contact your Wellness Coach!

Your member website is available 24/7

Your Wellness website features fun tools and resources to help you reach your wellness goals. Log on today to:

- Contact a Wellness Coach
- Take your Personal Health Profile (also known as a Health Risk Assessment)
- Take online workshops for help losing weight, getting fit and more
- Log your progress with food and exercise trackers
- Access wellness tips, articles, and healthy recipes

Get started now: HHHealthAssociates.com
QUIZ: How much do you know about increasing your well-being?

1. True or false: A consistent sleep pattern can help you sleep more soundly.
   a. True
   b. False

2. The following is an example of a healthy snack to bring to a party:
   a. Deep-fried cookies
   b. Triple-layer cake
   c. Loaded cheese fries
   d. Cut-up veggies with hummus

3. One way to stress less is to...
   a. Spend lots of money on gifts
   b. Do everything yourself
   c. Take a little time for you

4. What is a trusted resource for healthy tips and wellness information?
   a. Your Wellness website
   b. An infomercial
   c. Tabloid magazines

Answers: 1 a, 2 d, 3 c, 4 a

Reminder! Your Wellness Coach is available via telephone, email or instant message to help you reach your health goals.

☑ Wellness Coaching
Your personal Wellness Coach can help you lose weight, eat better or reach other health goals.

☑ Your Member Website
Visit your member website for information, tools, tips and more!

Get Started Today
Phone: 800.832.8302
Website: HHHealthAssociates.com

Who is eligible?
The Wellness Coaching feature is available to eligible employees, their spouses and dependent children, age 18 and older.

Help is Just a Phone Call Away
Phone: 800.832.8302
Website: HHHealthAssociates.com

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