



# **Wellness Tip of the Week**

with the Area Agency on Aging District 7

## **Healthy Holiday Eating Tips**

- Stay hydrated - drink lots of water.
- Eat a protein-packed snack an hour before your Holiday meal.
  - Fill-up on salad and fresh vegetables first.
  - Have smaller bites and portions.
- Watch the calories you are drinking.
- Get active! Stand up and move around!