

Eat Right, Move More New Year's Eve

Be ready for these top New Year's Eve challenges:

- **Alcohol** – high-calorie cocktails and urge to snack
- **Parties** – social settings with more temptations
- **Inactivity** – gym or fitness class closed, temptation to skip exercise
- **Party foods** – high-calorie appetizers, meals, snacks and desserts
- **Time off of work and staying up later** – routine and temptations change
- **“Tomorrow begins a new year so tonight doesn't matter” mentality** – makes it easier to avoid changing behaviors

Quick Tips for a Healthful New Year

- Have a low-calorie cocktail and alternate with water or diet soda
- Limit the parties you attend and time spent at each
- Make an appointment to be active; aim to do it early in the day and ask others to join
- Take healthful party foods to share; plan healthful meals that day and eat before you go
- Make a routine that includes your daily healthful habits; plan to sleep; have healthful snacks for later in the evening
- Remain positive and eliminate negative self-talk no matter what; plan specific goals to re-establish healthful eating and exercise behaviors; be realistic – start slowly
- Set a very specific goal for each day and begin healthful habits immediately



Fill up on...

- Water
- Fruit
- Green salad
- Shrimp cocktail
- Air-popped popcorn
- Baked sweet potato fries
- Raw vegetables and low-fat dip

Lower-calorie cocktails

- 6 oz. glass of wine
- 12 oz. bottle light beer
- 6 oz. glass of champagne
- 1 oz. liquor and club or diet soda

Limit to 1 or 2

Goals should be...

- **Specific**
- **Measureable**
- **Appropriate**
- **Realistic**
- **Time bound**



Louisiana