



Holiday wellness

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10 Survival Tips for Holiday Eating

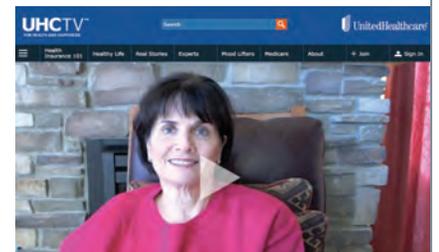
Planning can help you avoid packing on the pounds. Here are some savvy strategies to try.

Thanks to the many holiday dinners, parties and home-baked sweets brought to work, the average American gains about one or two pounds during the holiday season.

Unfortunately, that extra weight often stays with us and builds up year to year.

But with some planning and willpower, you may be able to avoid that holiday weight gain. Here are some tips:

- 1 Focus on fun.** Meet and mingle with people before you move toward the food. Relish the company and conversation. Maybe later you can put on your dancing shoes!
- 2 Start with green-leaf salads and veggies.** Before you hit the entrees or desserts, focus on selecting foods like green-leaf salads or veggies.
- 3 Beware of the buffet.** Don't overdo. Take small portions of your favorites or foods that you don't normally eat the rest of the year, but only go through the buffet once — no seconds!
- 4 Don't skip a meal before the party.** That may lead to overeating.
- 5 Try new baking strategies.** Use recipes with unsweetened applesauce or mashed bananas instead of butter. Try using half the amount of sugar in recipes.



Video Spotlight:

[Anticipating Stressful Holiday Family Gatherings: What to Do](#)
[How To Manage Expectations When Cutting Holiday Expenses](#)



10 Survival Tips for Holiday Eating (continued)

- 6 Choose beverages wisely.** Satisfy your thirst with low-calories options like water with a slice of lemon or lime. Think before you drink: alcoholic beverages provide calories with few nutrients. A glass of dessert wine can contain around 160 calories. A cup of eggnog has about 225 calories. If you choose to drink, use moderation. Moderate drinking means no more than one drink a day for women and no more than two for men. Some people should not use alcohol at all.
- 7 Bring your own food to share.** Suggestions include whole-grain crackers with hummus, a variety of unsalted nuts, vegetables with a fat-free yogurt or cottage cheese dip, or a whole-grain pasta salad dressed with a little olive oil.
- 8 Exercise.** Balance those extra calories with more physical activity. Make being active a part of your holiday tradition. Instead of watching television, take a walk with family and friends after a holiday meal. If you are physically inactive or you have a health condition such as arthritis, diabetes, heart disease, pregnancy or other symptoms, check with your doctor before starting an exercise program or increasing your activity level. He or she can tell you what types and amounts of activities are safe and suitable for you.
- 9 Be realistic.** Rather than trying to drop pounds during the holidays, your goal may be to maintain your weight.
- 10 Celebrate the true meaning of the holiday.** Play down the importance of food. Focus on what the holidays are really about — such as spending time with family and friends, or celebrating religious traditions.

4 Fun Indoor Fitness Ideas for Kids

Bad weather is no excuse to sit around. There are plenty of ways kids can have fun and stay active without even leaving the house.

Children benefit greatly from active play. Unlike sitting and watching TV or playing inactive video games, activities that make their bodies move give them an important dose of daily exercise.

Benefit of being active indoors

According to the Centers for Disease Control and Prevention, children ages 6 and up should have at least 60 minutes or more of physical activity every day of the week. Include muscle- and bone-strengthening activity on at least three days of the week. On a typical day, when kids are allowed to play outside, many children will have no trouble meeting these targets.

But when it's too cold, hot or wet to go outside, kids can be tempted by inactive pastimes like watching TV or playing video games. That's why it's so important for parents to offer fun and engaging *active* alternatives. After all, activities like climbing, jumping, and running don't just build muscles and strong bones. Kids benefit from impromptu "workouts" by improving strength and endurance, sleep and relieving stress, to name a few. This may become even more important when the weather is bad and everyone is cooped up inside.

Indoor active play ideas: fun and fitness without leaving home

Here are some fun ways to sneak in a little fitness when you're stuck indoors. The games and activities can be adjusted to suit any age or ability level, from toddler through school age. Encourage your kids to think of other ways they can keep moving indoors.

- **Freeze dance.** Put on some energizing music and encourage kids to do their best dance moves. When you pause the music, they have to stop, only resuming dancing when you turn it back on. Let the kids take turns being the DJ to control the music.



- **Scavenger hunt.** Write a list of items or tasks and read them to your children one at a time (or let older kids carry their own list) so they can look throughout the house for the objects in question. Try to have the kids perform a physical activity, such as sitting in three different chairs and then finding a specific picture. Things like utensils, crayons or books with pictures on the covers are some ideas to start. Up the ante by giving hints instead of a list, giving tips like "Find something that comes in pairs" (socks or shoes) or "Find something that is round and edible" (apple or orange).

4 Fun Indoor Fitness Ideas for Kids (continued)

- **DIY hopscotch.** Bring this playground game indoors by using masking tape to “draw” the numbered board on the floor. If you don’t remember what it looks like, a quick Internet search can show you some options. Use a beanbag or pair of rolled-up socks as a marker. The first player tosses the marker into the square numbered one and hops one or two feet at a time up and down the board (depending on age and how the board is drawn), picking up the marker on the way back. For little ones, don’t worry about any guidelines beyond that. Older children can play by the game’s classic rules, like losing a turn if the marker touches a line or bounces off a box or if the player stumbles.
- **Beat the clock.** Write down a few movements that can be done while staying in one spot, such as hopping on one leg, doing jumping jacks, running in place or doing sit-ups. One person holds a stopwatch (your cell phone might even have this feature) and reads the activities from the list while the other person does five or ten repetitions of each one. The clock stops after the last repetition is completed and that person’s time is written down. Then they switch places. Whoever does the moves in the least amount of time is the winner. Mix up the game by varying the order of activities or adding more challenging ones to the list.

Want to leave the house and get moving, but still stay indoors?

For times when the fun within your own four walls just isn’t cutting it, think about packing up the kids and heading to one of these places:

- **Indoor playgrounds or activity centers.** These are cropping up in many areas. Some even have challenging maze-like climbing structures or huge inflatable bouncers, both of which can give kids (and adults!) a real workout. Keep in mind age appropriate supervision is a must even when the kids are at the rec center or at the indoor play center.
- **Indoor swimming pools.** Local recreation centers may offer inexpensive classes for kids as young as preschool age. Look for ones with instructors having appropriate training and certification for the level of class being taught. And, when free-play in the pool is the activity, a life-guard is a must.

- **Kid gym classes.** Haven’t been to one of these yet? Call around — many offer a free trial session. Similar to swim lessons, check into the type of certification or training of the class instructors to be sure safety and age appropriate activities are taught.
- **Bowling.** This classic pastime is fun for all ages. Find out if your local lanes have bumpers for the little ones.



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Soothing Winter Skin

Try these tips to promote softness and moisture.

Winter can take a bitter toll on skin. The drier air often brings drier skin and roughness. It can even lead to painful cracking. Aging can make the dryness worse. As we get older, we have fewer sweat and oil glands.

But there are ways to help keep skin soft and healthy all year round. The American Academy of Dermatology and the American Society for Dermatologic Surgery offer these tips for preventing or soothing dry skin:

- **Moisturize.** Moisturizer helps protect against the elements. Apply it right after a bath or shower. That way, water and oils are sealed in. Keep using it throughout the day.
- **Choose warm showers instead of hot.** Limit shower time to 5 or 10 minutes. Hot water dries out the skin. Don't wash your face more than once a day. Instead, rinse it with cool water.
- **Use gentle soaps.** Deodorant bars, antibacterial soaps and perfumed soaps all make skin drier. The same is true for products with alcohol, such as hand sanitizers. Choose mild, fragrance-free soaps or a moisturizing soap substitute.
- **Shave right after a shower.** Hairs will be softer. Using a shaving cream or gel will keep irritation from razor blades to a minimum. Leave the cream or gel on your skin for 3 minutes before starting to shave.
- **Wear gloves outside.** It's a simple way to protect your hands from the cold and dry air.
- **Remember the sunscreen.** The sun can be just as damaging in the winter as in the summer. That's especially true when sun reflects off snow. Also, use a lip balm that contains sunscreen.
- **Use humidifiers.** Heated spaces are often dry because the heat takes moisture from the air. Humidifiers put some of that moisture back, helping protect skin. However, people with allergies who require low humidity should be cautious about using humidifiers.

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