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In the October article we introduced the importance of developing a healthier lifestyle, and provided you with a couple tools to help kick off your journey down the path towards a healthier you. This month we will provide you with a few more tools to assist you in becoming the healthy and fit person that you want to be.

Let's break this path to healthy living down into three segments to help make this journey as simple and time efficient as possible. We realize that your time is valuable. The three segments that we will be discussing this month are:

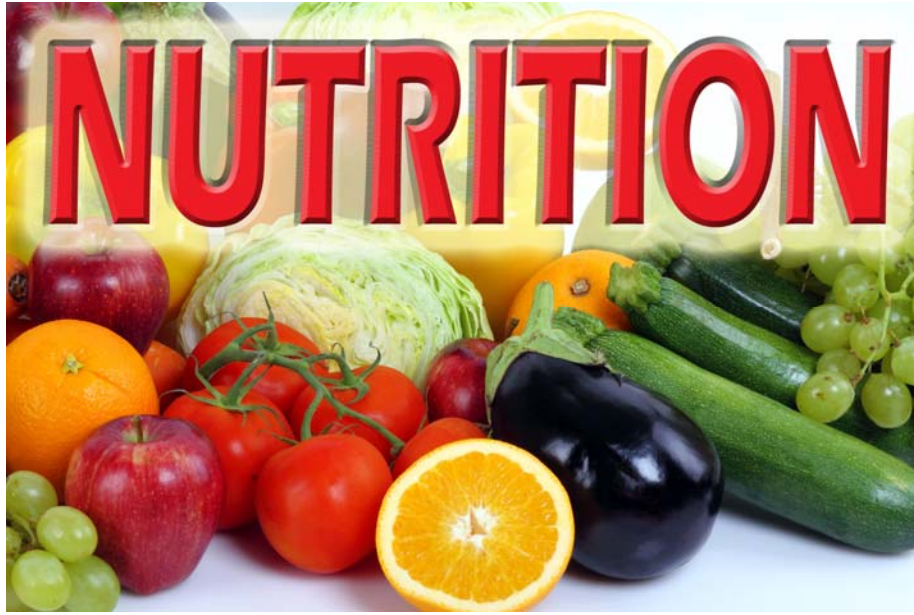
- 1.) Planning
- 2.) Healthy Nutrition
- 3.) Exercise

We will discuss each of these components and provide you with some suggestions to help you adjust or enhance your current behavior. We are here to help you facilitate a healthier lifestyle, so let's get started!

## 1. Planning

You have heard the adage "if you don't know where you are going, any road will get you there". To achieve the results you want, it is imperative to have a plan with a specific goal. Let's for a moment think about the upcoming holidays and reflect on our tendency to overeat. To avoid overeating, start planning now. First, make a conscious decision to refuse overeating this year. Next, develop a plan. Your plan should be on paper so it is tangible with your goals at the top. Your plan should include your menu, as well as your shopping list, we have provided you our version of a meal planning menu and shopping list here. There are many apps for cell phones and tablets within your device's app store. Here is a resourceful link that shows 5 of the top meal planning apps on the market today. When developing your holiday menu, consider how many people you will be entertaining and try to avoid preparing everyone's favorite dish. Instead select one crowd-pleaser, or substitute healthier versions of family favorites. Reduce the amount and type of appetizers, most often overeating takes place prior to the meal. Consider including more fruits and vegetables and less chips and dips. Take a good look at your menu, if it seems like there are too many items, you are probably right. Next, make a shopping list focusing on placing the healthy items like fruits and vegetables at the top leaving starches and sweets toward the bottom. Again, if it looks like you have too many items, you probably do and should eliminate some. Have a PLAN and stick to it. The grocery store will try to trick you and place impulse items conveniently in the aisle where you can't resist them. Don't give in, this is your health, your life, your future.

## 2. Healthy Nutrition



If you plan to eat buffet style for your holiday dinner, place the vegetables, salads and fruit at the start of the buffet table and the less healthy items at the end. Use smaller serving utensils to avoid extra-large portions on your plate. You may even consider using smaller plates. Try placing only two items on your plate at a time. This may help prevent overeating, as you will have to return to the buffet if you want more. Lastly, and most important, stop when you are full, don't overeat because the food tastes good. One of the biggest mistakes made during the holidays is refusing to listen to our bodies when they say they are full and have had enough.

## 3. Exercise



Slow and steady wins the race. Start your exercise program now to get those endorphins going, to feel healthier, be stronger and reach your goals. Starting an exercise program now will help encourage healthy decisions to not overeat, squashing your progress. Here is this month's exercise, we will call it "Take a cranberry for a walk". Not everybody likes cranberry sauce. For those that don't want to see it on the buffet, you may consider taking the ever present can of whole berry cranberry sauce for a walk around the block. A brisk walk after dinner and before dessert is a great idea. It will also help you feel better when you sit down for a slice of pumpkin pie, without the whipped cream. A can of cranberry sauce weighs about one pound which makes it a great light weight upper body conditioning tool while you work your lower body and heart. If the rain keeps you indoors consider a game of twister, charades or any other fun physical activity you can get the whole family involved in.

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## Contest!

Announcing our first contest. Given our holiday theme for this month's article, please send us your favorite healthy, yummy holiday recipe. Please submit your recipe to Loss Prevention by Wednesday, November 19th, for a chance to be selected as the November winner. Along with your recipe, please include your name, the agency you work for, a picture and your permission to share your information should you be selected as the winner. The winner will receive a GSRMA Wellness Kit to further support your journey to a healthier you.



Until next month, be safe, be fit and share your health and fitness goals with a friend for accountability. Most importantly, don't give up, this is your life...TAKE CONTROL!

## SHARE THIS!

Do you know someone else who would benefit from this email tip? Forward it to them! Did someone else forward this email to you? Would you like to get more tips like this sent to your inbox? Please email GSRMA Loss Prevention to request to be added to our newsletter mail list.

**Don't give in, this is your health, your life, your future!**