

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

WEEK 2

Holiday Challenge Guidelines

The overall goal is for participants to *maintain* their current weight for the last 7 weeks of the year.

As a participant, you will:

- **Weigh yourself each week.** Tracking weight is a proven weight management strategy. It is important to know your starting weight as it will keep you motivated and allow you to track your progress.
- **Track what you eat and drink.** By tracking what you consume each day, you can make sure that you are eating within calorie goals to maintain your weight.
- **Track your activity.** Stay motivated by tracking activity each day. Every little bit adds up and seeing how much you have done can encourage you to do more.
- **Make a plan.** Figure out what works best for you. Use the tips and strategies provided to help you navigate the season.

Happy Thanksgiving!

Week 1 of the Holiday Challenge is in the books—congratulations! We hope you are finding the daily tips helpful. Eat smart and stay strong through Thanksgiving and the days that follow. You *CAN* do it!



WEEK #2 CHALLENGE:

Check the Facts—the Nutrition Facts

Reading food labels can help you make healthy food choices. This week, challenge yourself to be a nutrition facts label reader—you might be surprised at what you discover!

Did you know that the Nutrition Facts label was **updated**? Some of the changes include updated serving sizes; larger, bolder calories; and updated Daily Values and nutrient listings. It may seem overwhelming at first but the more you practice this skill the easier it will become. So, the next time you are in the grocery store or your kitchen—practice, practice, practice! Check out this **Reading Nutrition Labels blog** for a step-by-step guide.



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

WEEK 2



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge



Daily Tip: Adjust Goals for Travel

Whether you are traveling for the holidays or work, sticking to your goals may be more difficult when you are out of your routine. That's normal and that's okay! In these times, you want to adopt flexible thinking and make good decisions, not necessarily perfect ones. Plan for success, even if that's an adjusted version of success. How you plan and adjust will depend on your goals, and some behaviors will be easier to maintain during travel than others. Continuing your gratitude journal routine every morning may be a slam dunk, while cooking a healthy dinner may not be as feasible. Below are tips for adjusting your goals.

- **Shift the time:** Look for another time you could fit in your goal-aligned behavior. If an evening walk doesn't fit into your schedule, maybe a morning one will.
- **Shrink the behavior:** Along the good, not perfect principle, engage in your healthy behavior but create a reduced, travel-friendly version. If a 30-minute walk is not doable, aim for a 10-minute one.
- **Invite others:** Ask friends, family, or co-workers to join you for a walk, workout, or other activity.
- **Ask questions:** Ask your hosts or hotel staff questions. Would your host be okay if you brought a few healthy breakfasts to store in the fridge? Does your hotel room have a fridge and microwave, or could you be transferred to a room with one? You may be able to bring healthy snacks or meals with you.

When are you traveling next? Think about how you can adjust your goals around your travel. At the end of the day, it's not going to be perfect. Plan and choose to make good choices in alignment with your goals as much as you can.

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge



Daily Tip: Preparing Holiday Meals

How you handle food matters—whether it's meat, poultry, fruits, vegetables, baked goods, or leftovers. Thanksgiving is on Thursday. Are you ready? Fortunately, we have several tips to help you safely prepare your holiday meal and ensure everything is planned and timed correctly. Check out the videos from [Homegrown NC State Extension](#) to get all of your holiday food questions answered.

- [Buying and Thawing Your Thanksgiving Turkey](#)
- [Why NOT to Wash Your Thanksgiving Turkey](#)
- [How to Tell When Your Turkey is Done](#)
- [Safely Serving Holiday Appetizers](#)
- [How to Safely Prep Your Holiday Pies](#)
- [Safely Storing Your Holiday Meal Leftovers](#)

As with many aspects of life, cooking involves cleaning. But do you know the difference between **cleaning and sanitizing**? These are two different processes that need to be done together to keep your kitchen workspaces free of pathogens, bacteria, and viruses.

Daily Challenge

Every step is a stride toward a healthier, happier you.
Lace up and step into your potential.

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge



Daily Tip: Thankful Thursday

To all who celebrate, Happy Thanksgiving! Today, pause and think about Gratitude, a thankful appreciation for what you receive, both tangible and intangible. Gratitude makes it easier for you to acknowledge the goodness in your life and connect to something larger than yourself. Practicing gratitude daily may help you sleep better, lower stress, and improve heart health ¹. Bring more positivity to your life by expressing gratitude because when you focus on the good, the good gets better!

Try a gratitude exercise:

- **Journal:** Write down 3 things you are grateful for every day.
- **Gratitude Jar:** Every day, write down what you are grateful for and place them in a Mason jar. Read your past gratitude slips when you need a boost.
- **Write a Note:** Think of someone you are grateful for and write them a note. Send your note in person or over the phone.
- **Gratitude Rock:** Rocks can be placed on your desk or anywhere you will see them every day as a reminder of your gratitude. When you look at the rock, pause and think about what you are grateful for at that moment.
- **Gratitude Walk:** Take a walk outside and listen to nature's sounds. Think about the things around you and in your life you appreciate.
- **Gratitude Meditation:** Spend 10 minutes reflecting on the positive things.

1. Karns CM, Moore WE 3rd, Mayr U. The Cultivation of Pure Altruism via Gratitude: A Functional MRI Study of Change with Gratitude Practice. *Front Hum Neurosci.* 2017;11:599. Published 2017 Dec 12. doi:10.3389/fnhum.2017.00599

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge



Daily Tip: Leftover Food Safety

After yesterday, you probably have an abundance of leftovers. Leaving cooked food at room temperature for too long invites bacteria that cause food poisoning. Review these tips for storing and enjoying your leftover meals!

- Check your refrigerator and freezer temperatures. Keep your refrigerator temperature at or below 40 °F and freezer at 0 °F.
- Refrigerate leftovers as soon as possible. Consider spending a few minutes doing this before eating.
- Dishes containing perishable foods (meat, poultry, seafood, and eggs) or cooked vegetables or grains should be thrown out or composted if left...
 - At room temperature for more than 4 hours
 - Outdoors at a temperature above 90 °F (32 °C) for more than 1 hour
- Package leftovers in small, shallow containers for quicker cooling in the refrigerator.
- Eat leftovers within 7 days. Be sure to reheat and enjoy your food one portion at a time rather than reheating and cooling leftovers repeatedly.
- Unsure if your household will eat all your leftovers in a few days? Freeze a few portions once they are cooked and enjoy them later in the month.
- Debating whether to eat or throw away a food product after its label date has passed? To understand the phrases “Best if used by,” “Sell by” and “Use by,” watch **"What Do Food Expiration Dates Really Mean?"**