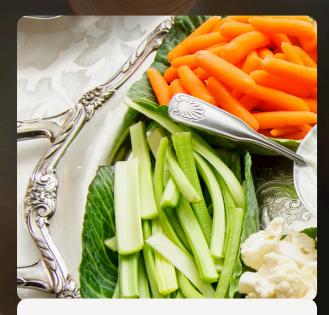
6 Healthy Holiday Eating Tips



Bring a healthy dish to share.



Mindul eating – take time to enjoy your meal.



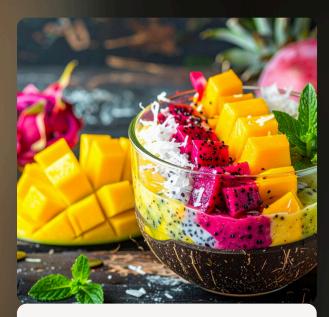
Remember to eat your veggies!



Drink smart and stay hydrated.



Aim for 30 minutes of movement a day.



Upgrade your sweets, swapping for something healthy and satisfying.

