

25 Healthy Days to Christmas



Day 1

Make a list of fun ways to be active indoors during winter and put it on your fridge. Then pick a different activity each day.



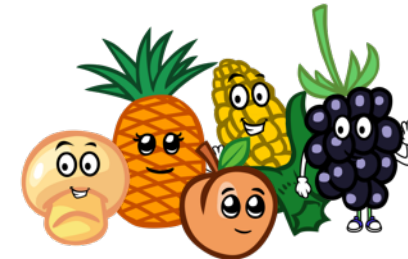
Day 2

Don't get sick during the holidays. Remember to wash your hands for 20 seconds. Just sing one chorus of jingle bells while you wash.



Day 3

A good way to get on Santa's Nice list is to eat your fruits and veggies!



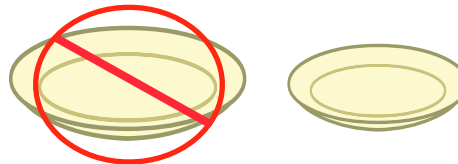
Day 4

Don't be a scrooge, do a good deed today by helping your mom or dad in the kitchen



Day 5

Santa wants to make sure he fits into his suit by watching his portions. Try eating your meals on a salad plate instead of a dinner plate.



Day 6

Santa does a meatless Monday at the North Pole! Try eating meatless meals on Mondays this December



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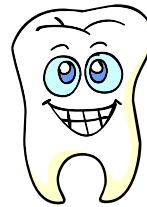
Day 7

Santa's elves get a full night sleep so they have lots of energy to make new toys. Go to bed early and get at least 8-10 hours of sleep each night.



Day 8

Keep your teeth extra happy this holiday and remember to brush them after meals.



Day 9

Play a word game and keep your mind sharp! Can you name a fruit or vegetable that begins with each letter of the word Christmas?



Day 10

Santa will be making a list and checking it twice, he thinks kids that eat lots of fresh fruit are really nice!



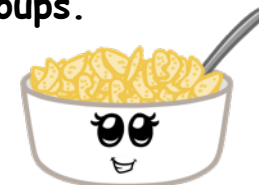
Day 11

Write a letter to Santa and mail it to the North Pole. Use our fun holiday fruits and vegetables stationary!



Day 12

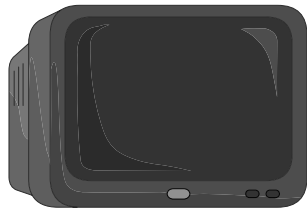
Mrs Claus always makes a healthy breakfast for Santa. Start your day with a healthy breakfast with foods from at least 4 of the food groups.



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Day 13

Plan for Christmas TV specials! Set a goal to watch TV no more than 2 hours a day.



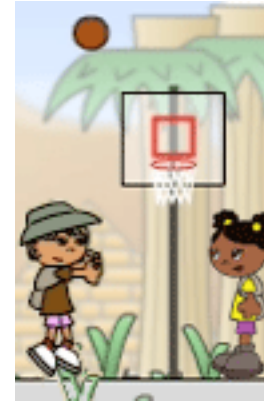
Day 14

When holiday shopping, take the stairs rather than elevator or escalator.



Day 15

Shoot hoops for some fun activity- instead of using the word horse use the word Santa.



Day 16

The elves keep warm at the North Pole by exercising for 60 minutes every day. Be like an elf and get moving!



Day 17

Go to the grocery store or farmers market and pick out a new red or green fruit and vegetable to try.



Day 18

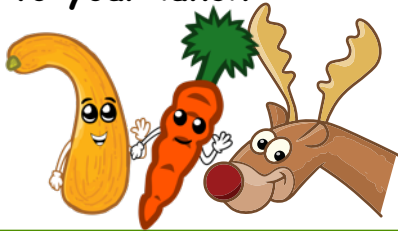
Are you helping bake some special holiday sweets? Try adding some raisins, nuts or bran for a healthier treat.



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Day 18

Reindeers love to eat lots of orange vegetables like carrots. It helps them see at night. Add an orange vegetable to your lunch or dinner!



Day 20

Some of the best gifts are free. Make a special gift of your time for a loved one. Just print the Gift of Time coupons and fill in a special activity!



Day 21

Turn off the TV and enjoy your meals as a family.



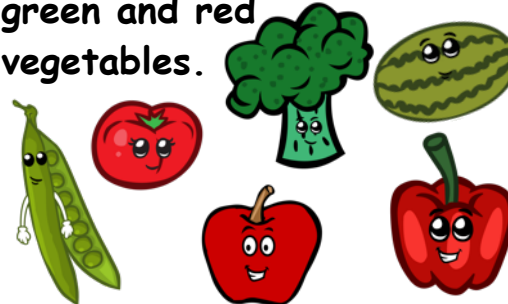
Day 22

Bundle up, grab a flashlight and take a family walk to look at holiday lights together.



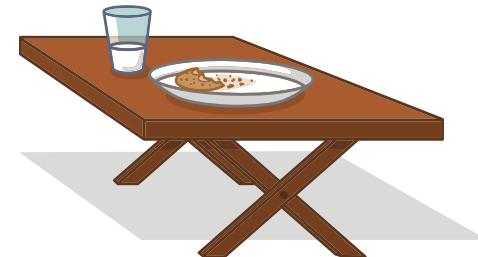
Day 23

Decorate your plate with the color of Christmas, add lots of green and red vegetables.



Day 24

Leave some cookies for Santa and don't forget the skim or lowfat milk! Have a glass with your meals.



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Day 25 Merry Christmas

The my plate reminds us that a healthy holiday meal includes food from all the food groups!

