

# 25 DAYS TO CHRISTMAS EMAILS

## Staying Hydrated

Staying hydrated is one of the easiest things you can do to feel well. Just like a plant perks up when watered, you will feel more awake and energized when you are well hydrated.

**60% of our bodies are made up of water.** This water helps cool your body when the outside temperature is hot or you are exerting energy. It acts as a cushion for your joints, protects your spine and helps get rid of wastes through urination, bowel movements, and perspiration.

**Most people are hydrated through the water and beverages they drink.** However, you can also get some fluids in the foods you eat, such as, oranges, melons, soups, and tomatoes. Be sure to limit the amount of sweetened beverages you drink as they contain extra calories. Common drinks that have extra calories and added sugars include:

- Fruit juice
- Regular soda
- Some sports drinks

Choose these only occasionally—or, even better, choose lower calorie options or water!

**You may need to increase your water intake** when it's hot outside, you're being more physically active, you have a fever, are vomiting or have diarrhea.

## Dining Out & Healthy Cooking

**There is a lot to consider when dining out or cooking at home. Here are a few tips to help you make the right choices every day!**

Choose entrees with fruits and vegetables as key ingredients

Consider sharing entrees

A few words to avoid or limit: Jumbo, deluxe, cheese sauce, creamy, battered, Au gratin, alfredo, escalloped, tempura

Words to choose: Lightly sautéed, marinara, Pico de Gallo, salsa, tomato sauce, broiled, fresh

### Important definitions to look for:

Fat Free: Less than .5 grams of fat per serving

Low Fat: 3 grams of fat per serving or less

Reduced Fat: Fat is reduced by at least 25% when compared with original product

Lite/Light: 1/3 fewer calories or 50% less fat when compared to the original product

Cholesterol Free: Less than 2 milligrams of cholesterol and 2 grams (or less) of saturated fat

Sodium Free: Less than 5 milligrams of sodium per serving

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### Physical Activity - Measure your Intensity

One way to measure your intensity level is by taking your heart rate. When you exercise, you should keep your heart rate within a safe range. This is called your **target heart rate** zone. Your heart rate is measured by taking your pulse. Take your pulse regularly as you exercise to be sure you're within your target heart rate zone. When you exercise at the right heart rate, you burn calories and strengthen your heart safely. When starting an exercise program, aim at the lowest part of your target zone (50 percent) during the first few weeks. Gradually build up to the higher part of your target zone (75 percent). After six months or more of regular exercise, you may be able to exercise comfortably at up to 85 percent of your maximum heart rate.

Age	Target Heart Rate Zone (50-85%)	Age	Target Heart Rate Zone (50-85%)
20	100-170	50	85-145
25	98-166	55	83-140
30	95-162	60	80-136
35	93-157	65	78-132
40	90-153	70	75-128
45	88-149		

### Stress Management

Do you feel as if you're living with constant stress? If so, you may have decided to make some changes in your life. Keep in mind that learning to manage stress doesn't happen overnight. It's a process that takes time and effort.

#### To manage stress, keep these three simple ideas in mind:

**Identify stressors.** Sources of stress are unique for each person. Knowing your stressors helps you focus on areas you want to change.

**Have realistic expectations.** Life is full of unexpected events. Being more realistic can help you deal with stress you can't avoid.

**Change your response to stress.** What are you telling yourself about the meaning of the situation? Are you responding out of habit? Even if you can't change a stressful situation, you can control how you deal with it.

Make a list of all the day to day pressures, little hassles and major life changes. Try to distinguish between healthy and unhealthy stressors and make efforts to enjoy the good healthy stress and eliminate the unhealthy. Every day is a new day! Make today great!