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Do-It-Yourself Health: Healthy Holidays, November 2018

 Health & Wellness

By **Lindsey Barton**

November 1 2018

It's that time of year again! The air is brisk; everywhere you turn, there is a pumpkin spice version of something; and the holidays are fast approaching!

This is also the time of year when it can be a struggle to stay on track with wellness goals, so here are five DIY Health tips to help you maintain a healthy lifestyle while you truly enjoy the holiday season.

Fit in Exercise — 10 Minutes at a Time

Busy holiday schedules can make it more challenging to remain consistent with your fitness efforts. Here's some good news that can help: Doing exercise in increments as short as **10 minutes three times daily can be as effective as doing one 30-minute workout.** You can almost always find 10 minutes, right? Try the 10-minute full-body circuit routine in this month's **Move for Health PDF** and the video below. Do one round first thing in the morning, one round over your break, and one after work, and you'll reach your goal of 30 minutes even during this busy season!

https://blog.highmarkhealth.org/wp-content/uploads/2018/11/DIYHealth_Fitness-

Final_Nov2018.mp4

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Weighted Lunge Pulses with Kickbacks (8-12 reps each side)

Burpees (8-12 reps)

Weighted Crunches (8-12 reps each side)

Mountain Climbers (8-12 reps)

Renegade Rows (8-12 reps each side)

Avoid the “All or Nothing” Mentality

Holiday season schedule stresses and temptations lead some people to just throw in the towel on wellness goals in November and not get back on track until after the New Year. Instead of that “all or nothing” mentality, focus on setting realistic wellness goals for yourself. Even if you don’t have the time and energy to hit all your “ideal” goals, you can still commit to a healthy sleep routine, short bouts of exercise like the 10-minute workout above, a few minutes of “me-time” each day to help you decompress, and prepping healthy foods ahead of time to make it easier to get nutritious meals and snacks even on your busiest days.

Try Healthy Versions of Seasonal Food Favorites (and Leftovers)

Speaking of the “all or nothing” mentality and food, don’t feel like your only healthy choice is to skip holiday feasts and parties altogether. Consider these [tips for surviving a party buffet](#). And put a healthy spin on your seasonal favorites and get creative with your holiday leftovers with [this month’s Eat for Health download](#) — five festive recipes to enjoy!

https://blog.highmarkhealth.org/wp-content/uploads/2018/10/DIYHealth_Recipe_Nov2018.mp4



Festive Fall Salad (adapted from CookingLight.com)

Pumpkin Spice Chia Oatmeal

Easy Leftover Turkey Pho (adapted from www.Food52.com)

Cranberry Turkey and Farro

Holiday Fruit Salad (adapted from FoodNetwork.com)

Give Back!

So many traditions celebrate giving and gratitude at this time of year — why not make a holiday tradition with friends and family of giving back to those in need? You can donate food to a local food bank, volunteer your time to a local shelter serving meals, or collect gifts for a family in need. If you need some ideas, the [Salvation Army's volunteer site](#) is a good place to find ways to give back in your community. Here's an added bonus: Studies have shown that there are [mental and physical health benefits to doing volunteer work!](#)

Rethink Your Drink

Be sure to drink responsibly during the holiday season. [Moderate intake means](#) one drink per day for healthy men over age 65, up to two drinks per day for healthy men age 65 and younger, and one drink per day for healthy women of all ages.

Keep in mind that you don't need alcohol to make and enjoy a festive drink — consider some of these healthy [mocktail recipes](#) [the DIY Health team shared in a previous post](#). Watching your calories? Try an unsweetened flavored sparkling water with added fruit!





Tags: [DIY Health](#), [Do It Yourself](#), [employer resources](#), [fitness](#), [healthy eating](#), [healthy recipe](#), [holidays](#), [nutrition](#), [volunteering](#)

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Get More DIY Health...Anytime

The Do-It-Yourself Health series is now in its third year on the Highmark Health blog. Each month in 2018, our DIY Health experts will be offering five do-it-yourself tips on a relevant health and wellness issue. Although we know it's exciting to get the fresh, new post each month, don't forget that there are more than 25 previous posts available for you to go back to, browse, or share with friends. You can check them out all in one place, anytime that's convenient for you, on [our DIY Health tag page](#).

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