

Wellness Wednesday: 12.11.19

December 2019 Employee Health Bulletins

WELCOA (Wellness Councils of America) is a trusted resource for health and wellness information. They provide monthly health bulletins on a variety of topics. Click on the titles below for December or visit the [Wellness Wednesday](#) archives page.

[Better Safe](#) – Overconfident & Underprepared: Reviewing Driving Safety

[Day In Day Out](#) – Vaccines: Don't Let the Flu Take You Down

[Take Charge](#) – Stop Spreading Infection: Practice Good Hand Hygiene

[To Your Health](#) – The Common Cold: How to Deal with It

GFPS Health Offerings for 2020

The GFPS Employee Wellness Team has some fun yet educational offerings planned! Watch for Healthy Habits Bingo and Fitness Center 101 Classes all planned for January 2020.

Holiday Party Survival Tips

Holiday parties can be tough for anyone trying to eat healthy. Between the rich desserts, sugar-laden punches, and heavy cheese spreads, it can be difficult to navigate without going over the calorie budget. But, it is possible to stay on track and enjoy the party. Here are a few tips to stay on track while enjoying your next holiday gathering:

- Eat a light snack before you go. You will be less likely to indulge if you are feeling slightly full.
- Bring a healthy option. Party guests may enjoy a healthier option when there are so many rich foods around. Bring a fresh fruit platter, a healthy vegetable dish, or a fresh salad like this [Tangy Apple Cucumber Slaw](#).
- Choose a small amount. Instead of avoiding your favorite holiday dish or dessert altogether, take only enough for one bite or one small serving. Only taking [one to two bites](#) has been shown to deliver the same level of enjoyment as eating the whole thing. Remember to eat slowly and savor the flavors.
- Start with fruits and vegetables, such as a salad, on your plate first. This will allow you to fill up on fiber from fruits and vegetables first which may make it easier to turn down dessert later.

Bonus tip: If you are hosting the holiday party, make the focus less about the food and more about the people. Place the food in a room away from where people tend to mingle. Offer healthy drink options such as water flavored with fresh fruit and herbs (it will look as pretty as it tastes too).

2019 Holiday Challenge

It's not too late to join the (free) 2019 Holiday Challenge! Maintain, don't gain this holiday season with the annual Holiday Challenge! This FREE 7-week program provides you with access to weekly newsletters, daily tips, and healthy holiday recipes. Join more than 38,000 participants from across the United States and around the world as we maintain and not gain this year!

To learn more and to register, [click here](#).

As always: Visit the Employee Wellness Website

Fitness schedules, nutrition, health and wellness topics.

Two ways to find the site:

1. [Click here](#).
2. GOTO: Main GFPS website—>Staff—>Employee Wellness

As always: Visit the Student Wellness Website

GFPS Guidelines, Smart Snack calculator, student health and wellness.

Two ways to find the site:

1. [Click here](#).
2. GOTO: Main GFPS website—>Parents & Students—>Student Wellness