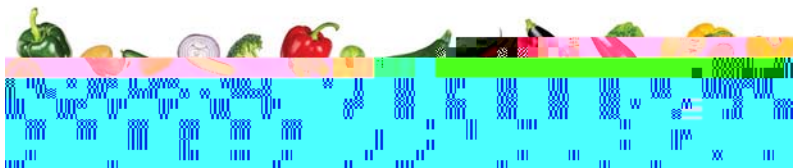


For many folks, it starts with the winter holidays. We add pounds celebrating with month-long buffets, irresistible desserts and drinks. This time can also be a stressful, busy time when we lose the incentive to cook healthy meals and exercise.

Don't let your attitude weigh you down in the coming months. Instead, focus on your health and some simple changes.

- >> Eat for energy Smart food choices can help reduce fatigue and control your hunger and stress levels. Fruits, vegetables, whole grains and lean protein sources, as well as drinking water, provide sustained fuel.
- >> Keep track Record what you eat and drink, how much and when for a few days to spot diet patterns. For example, if you tend to binge on snacks mid-afternoon, make sure you keep healthy choices handy.
  - >> High-energy snack picks:
    - €1 cup plain Greek yogurt with fruit



Smart Moves toolkit is at [www.personalbest.com/extras/18V1tools](http://www.personalbest.com/extras/18V1tools).