

NORTHGATE PLAZA



Five Healthy Holiday Eating Tips

'Tis the season for family, festivity, and food—lots of food.

From November to the New Year, everyone seems to consume more food and drinks during the holiday season, so how do you stick to your healthy eating habits when everyone around you seems to be splurging? Here are five tips that can help:

Holiday-Proof Your Plan

- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.

- Don't skip meals to save up for a feast; you are more likely to overeat.

Outsmart the Buffet

- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol.
- Choose the dishes you really love and can't get any other time of year.

Keep Moving

- Take a walk after your meals
- Set aside some time in

the morning and evening for stretching or yoga

Get Your Zzzzz's

- Aim for eight hours of sleep per night to guard against mindless eating.
- Take a nap if needed. Overly tired people tend to reach for and eat more and prefer high-fat, high-sugar foods.

Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

Keep It Simple: Resolutions for A New 2022

The most popular resolutions, like more exercise, saving money, and eating healthy, are sometimes difficult to get excited about if they have been on your resolutions list in previous year and still haven't stuck. Don't let this stop you from making efforts at self-improvement! Choose simple resolutions that may add less stress and still help you to meet your goals in a safe way.

Here are some ideas:

- **Start doing daily yoga or stretches**
- **Commit to writing letters to family**
- **Become a plant owner**
- **Book an appointment with your doctor**
- **Try a new recipe or food**
- **Read a new book**
- **Explore a new hobby**
- **Avoid alcohol or caffeine**
- **Order takeout from somewhere new to you**
- **Start a journal**
- **Listen to new music**



Branching out and trying new things can be an excellent way to inject some fun and liveliness in your new year. A resolution does not have to be something overcomplicated; it can be a simple change to brighten up your day. You may surprise yourself by how the little things can make a big impact.



Celebrate Ugly Sweater Day!

On Friday, December 17, people all over the nation will trade their casual garments for something more shamelessly tacky on National Ugly Sweater Day. If you can believe it, there is a day celebrating the awkward and hideous sweaters that you've stashed in the back of your closet. These days, stores offer intentionally ugly clothes for people to wear during the holidays.

What are the benefits of wearing an ugly sweater? Being able to take yourself and your friends less seriously can be relaxing, and everyone being "in on the joke" takes the sting out of being singled out for wearing goofy clothes. Some people who host Ugly Sweater Day parties do so for charity or to raise awareness for a special cause.

Hand Washing Awareness Week: December 6-12

Regular handwashing that follows the five simple steps of: **water, soap, scrub, rinse, and dry** is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

Be sure to wash your hands:

- If your hands are visibly dirty or greasy
- Before, during, and after preparing food
- Before eating
- After using the toilet
- After touching garbage
- After touching a frequently touched surface or shared object
- After blowing your nose, coughing, or sneezing



Source: [cdc.gov/handwashing](https://www.cdc.gov/handwashing)



WREATHS ACROSS AMERICA

National Wreaths Across America (WAA) Day is a December event dedicated to remembering the brave sacrifices veterans have made in wars since the American Revolution.

On this day, participants place special wreaths at veterans' cemeteries nationwide to raise awareness of the sacrifice veterans make for the United States and encourage more people to remember.

It was in 2008 when, for the first time, there were wreath-laying events in every single state. More than 300 locations participated, including overseas cemeteries. Later that year on December 13, Congress decided that we would celebrate Wreaths Across America Day as a national holiday.

The question is, why a wreath? The symbology of the wreaths includes:

Evergreens:

- Longevity & Endurance
- Red Bow: Great Sacrifice
- Forest Scent:
- Purity & Simplicity
- Circular Shape: Eternity

How can you help?

Volunteers from all over the country are encouraged to participate in wreath-laying ceremonies. Participants can also consider starting a fundraising group for the cause, or Sponsor-a-Wreath.

National Wreaths Across America Day will be celebrated nationwide this year on December 18, 2021.

Source: wreathsacrossamerica.org

Unleash Your Imagination on Time Travel Day!

Imagine this holiday season you're gifted a sleek, shiny time machine! December 8 is Time Travel Day and the possibilities are endless—visit people and places in the past, present and future.

With a push of a button, you could meet Albert Einstein as he discovers the theory of relativity, or attend the coronation of Queen Elizabeth II.

But maybe you'd rather travel back in time to enjoy a day with your grandparents, your favorite childhood aunt, neighborhood friend, coworker or spouse?

With a twist of a knob and flick of a switch, you realize your time machine travels into the future! What year do you journey to next? **Have fun today and let your imagination soar!**



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Gingerbread Houses

Looking for something sweet to make your winter season complete?



On December 12, bake up some fun on Gingerbread House Day!

Whether it's home-baked or a purchased kit, designing a tasty cottage can make for a fun and satisfying day.

Want to involve more friends and family in the fun? Take part in your local gingerbread house competition, or hold one of your own! Share a picture of your decoration creation with friends and social media so everyone can enjoy it!

Fun Tip: Unsure what kind of gingerbread house to make? Try to recreate a local or famous architectural landmark with gingerbread.

Some facilities use this space for a mailing panel.

If the facility has requested not to include a mailer panel, but has submitted a staff list, we will place the side bar article here.



WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

J	W	M	C	P	F	M	R	R	L	V	I	O	M	H
G	I	N	G	E	R	B	R	E	A	D	J	T	Z	O
T	H	Y	Y	P	W	R	E	A	T	H	L	U	S	U
Y	O	E	Y	A	F	J	S	J	Y	U	G	L	Y	S
P	L	S	W	A	S	H	O	J	W	O	J	W	C	E
Q	I	W	H	H	E	A	L	T	H	Y	P	U	H	Y
T	D	E	I	A	L	N	U	M	P	W	D	M	O	Y
F	A	A	S	M	N	I	T	T	C	A	I	T	Q	T
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X	I	G	I	A	W	A	T	E	R	O	C	K	S	Q
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B	J	D	A	G	O	I	M	P	R	O	V	E	K	Z
K	N	Z	L	Z	R	Y	C	B	Q	F	C	E	M	K

WORD LIST

FOOD
GINGERBREAD
HEALTHY
HISTORICAL
HOLIDAY
HOUSE
IMPROVE
RESOLUTION
SWEATER
TIME
TRAVEL
UGLY
WASH
WATER
WREATH