

享有一個健康假期的秘訣

TIPS FOR A HEALTHY HOLIDAY SEASON

- 參加宴會及聚餐前，先吃一些低脂肪的小食，可減低食慾，不至吃得過量。
- 慢慢細嚼和品嚐每一口食物，可令您減少添食的慾望。
- 增加運動的時間和次數以助消耗多餘的熱量。
- 假期內與朋友和家人歡聚，應偏重閒談及有益身心的娛樂，不要只顧吃和喝。
- 減少到空氣不流通的公眾場所，可減低吸二手煙和感染病菌的機會。
- 服用藥物時不要喝酒。
- 出外旅遊切記帶備你所需的藥物並應放在手提行李內。
- 購物前列出一份想買東西的清單及預早購買，可以減輕精神緊張和心理壓力。
- 送禮建議: 茶葉、冬菇、雪耳、栗子、乾果、鮮果、植物、家庭用品和書籍。
- Eat a low-fat snack before a holiday meal so you won't be tempted to overeat
- Chew slowly and savor each bite of food, and you'll be less likely to go for seconds
- Extend the duration and frequency of your exercise routine to burn off the extra calories
- Center your holiday get-togethers on communicating and sharing with friends and family rather than on eating and drinking
- Avoid crowded places to limit your exposure to second-hand smoke and germs
- Don't mix alcohol with medication
- Remember to bring enough medications and keep them in your carry-on luggage when you travel
- Reduce last minute anxiety and stress by shopping early and making a list ahead of time
- Gift ideas: tea, dried mushrooms, dried fungus, chestnuts, dried or fresh fruits, plants, household items, and books.