



**Tip 1:** Say “no” to some of the yummy, but unhealthy, treats coming your way through office events, parties, gifts, baked goods, etc. You don’t have to partake in all of them.

**Tip 2:** Say “yes” to some YOU time. When you start to feel stress coming on stop and ask, “why am I stressed and what can I do about it?”. Find some quiet time to re-center. Take care of YOU.

**Tip 3:** Say “yes” to exercise. Are you getting in enough? How can you do more? Start a new tradition, go for a walk after your big holiday meals. It does help you digest your food better and burn off some of those extra calories, not to mention decrease stress.

## Weekly Exercise: Standing Hamstring Curls



### Exercise Instructions:

- 1.) Standing with feet together, hold a chair or the wall for balance.
- 2.) Bend your right leg at the knee, keeping your thighs together, curling your right foot up toward your hips, just above knee height.
- 3.) Return to start position and repeat with the opposite leg.