



Tip 1: A balanced plate contains 1/2 plate of vegetables! If your table is low on vegetables, consider adding fruit to this half of your plate. Cranberries, baked apples, and pears are all good options.

Tip 2: Fill ¼ your plate with starches such as stuffing and sweet potatoes and ¼ proteins such as lean turkey slices.

Tip 3: Instead of gravy, use a fruit-based relish for a special kick!

Weekly Exercise: Military March



Exercise Instructions:

- 1.) *Bend your knees, and put your arms out front.*
- 2.) Stand feet hip width apart.
- 3.) Simultaneously raise left knee to hip height while extending a straight right arm out in front.
- 4.) Repeat with other leg/arm.
- 5.) Maintain slow, controlled pace.
- 6.) Repeat 20 times on each side.