

Ok, so we're half way through the holidays!! WHEW!!

OR ARE WE!!

Well, technically, we are in between Thanksgiving and Christmas/Hanukah/Kwanza; then there's New Years and it's over for another year.

OR IS IT?

Let's see, we celebrate family birthdays, anniversaries and Valentines Day, Mardi Gras and the Fourth of July. Then we have Veterans, Martin Luther, Caesar Chavez, the Presidents and Spring Break (just to name a few). The next thing you know, it's Halloween, AGAIN, and we're back to the "holidays". In some cultures, parties, festivals, and holiday events seem interspersed through out the year so that never a month goes by where there isn't something or someone to celebrate.

WELL, THIS is the time of year to embrace new, healthier traditions and habits. Sure we're going to indulge in some favorite, not so healthy "stuff" this time of year. But make it a "sometime thing" and not an everyday habit. Otherwise, you throw away all your hard work to get where you are today.

You see, IT IS THIS TIME OF YEAR that healthy habits start to "erode" to old, unhealthy habits (I'll just have one (dozen!) or we'll just lay low this afternoon). In no time at all, we're back to the "drive through", late night snacks in front of the TV, lounging the weekend away, or heaven forbid regular sodas!

So how does a health conscious person keep their family healthy this time of year?

First, remember to celebrate THE day (even the day before or after, but NOT the week or month) of the holiday. Allow yourself some down time or treats you wouldn't normally indulge in.

But then get back to basics and the strategies that have worked for you and your family in the past.

- Realistically and without judgment, you and your family need to reassess your families eating and activity habits.
- Talk about short and long term goals.
- Set weekly nutrition, activity and family goals together.
- Start recording your eating and activity behaviors again (there's always plenty of BACTK Diaries available, or a piece of paper will do!).

It's just that simple. Don't let old and unhealthy behaviors creep back into your family's lifestyle and become "habit". Instead, thwart them off by assessing the state of your family's health NOW, in the midst of, instead of months after, all the Holiday Havoc.

