

Tips to Stay Healthy during the Festive Season

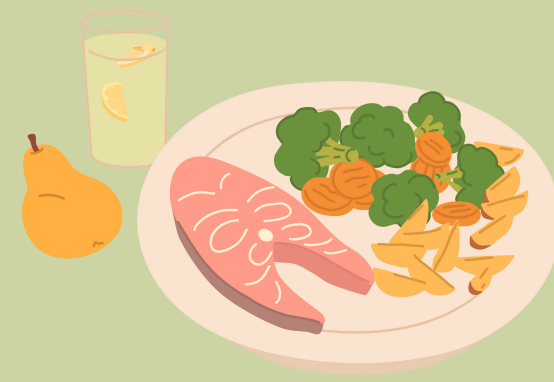
Article by:
Gabriel Lee, nEbO member
Temasek Polytechnic
Marketing Intern @ NTUC Club

It's common for us to get caught up in enjoying our favourite holiday delicacies and activities. Along with the stress in planning for the holidays, its difficult to maintain a healthy lifestyle.

However, it's still possible to be mindful of your health. With these tips, you are able to adopt healthy habits such as eating healthily and taking simpler forms of exercise during the busy festive season.

Choose Healthier Options

Include healthier choice alternatives when indulging in delicious holiday meals! You can pair your favourite roast turkey with sweet potatoes and vegetables such as carrots or corn as it provides antioxidants and vitamins, while still enjoying a tasty meal!



Eat in Moderation

Enjoy a delicious festive dinner, but always ensure you eat in moderation and have a good balance of vegetables, protein and carbohydrates. This helps you adopt healthier eating habits by having a well-balanced meal and getting the right nutrients.



Homecooked is Healthier

Opting for homecooked recipes is healthier as it gives you more control over the meals you prepare. Using processed food might seem faster but it contains lots of salt. However, you can reduce salt and sugar intake by preparing your own meals, which is healthier.



Remember to Exercise!

Regular exercise is important for your health as it burns extra calories and improves your immune system. If you're looking to exercise with a group of friends, U Sports is having a Dragon Boat Recruitment Drive on 10 Dec. Gather your sporty buddies/kakis and join this interest group together!



Find out more here:



Source: <http://bit.ly/3URuNPP>