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Health District offers tips for healthier holidays

LAS VEGAS – You don't have to ruin a year's worth of healthy habits during the holidays. By adopting a few strategies, the holidays don't have to pack on pounds and stress. From party dining tips to healthful gift suggestions, the Southern Nevada Health District's Office of Chronic Disease Prevention and Health Promotion's Get Healthy Clark County website has plenty of tips and tools to make the holidays enjoyable. Visit www.GetHealthyClarkCounty.org or call, (702) 759-1270.

It's easy to gain weight during the holidays with parties and family gatherings. The health district offers a few suggestions to keep the pounds off. For example, use a smaller plate at the buffet table, limit your eggnog intake (*340 calories in one cup*), and trim the desserts by scraping off cake icing or eat the pie filling rather than the crust. Maintain a fitness routine as much as possible during the season.

Holiday gifts can encourage healthy activities in 2013. A little exercise can go a long way toward achieving better health and items such as a pedometer, an active video game, or a bike can be gifts that keep on giving. Additional gift recommendations include a cookbook for healthy recipes or even a health-related magazine subscription.

Get Healthy Clark County has tools and information that help increase physical activity, tips and resources to help people to quit smoking, find local walking and hiking trails, manage diabetes, and learn about risks and prevention for other chronic illnesses.

Updated information about the Southern Nevada Health District can be found on Facebook www.facebook.com/SouthernNevadaHealthDistrict, on YouTube www.youtube.com/SNHealthDistrict or Twitter: www.twitter.com/SNHDinfo. The health district is now available in Spanish on Twitter www.twitter.com/TuSNHD. Don't have a Twitter account? Follow the health district on your phone by texting "follow SNHDinfo" to 40404.