

# Winter Holiday



Make this a December to remember with New Holiday Foods & Winter Moves! TRY using this calendar to make the most of your holiday break with friends and family.

## DECEMBER

### 1<sup>st</sup> BRING THE OUTSIDE IN

Grab some pinecones and fallen branches for a cool, homemade holiday garland or wreath.



### 4<sup>th</sup> TRY A SUPER FRUIT!

Tangy tangerines (a.k.a. mandarin oranges) are easy to take on the road; just one of these mini oranges has half the vitamin C you need for the whole day!



### 7<sup>th</sup> SAY HELLO TO THE SUN WITH YOGA

Bring back the sun with Sun Salutations! Practiced for thousands of years in India, these moves flex and stretch you body—warming you up like the sun warms the earth each day.



### 10<sup>th</sup> GIVE THE GIFT OF HELP

Babysit for free, shovel snow for a neighbor, offer to make a family meal, or walk the dog. A little help goes a long way during the busy holidays. Plus, these gifts of help count toward your 60 minutes of active time each day!

### 13<sup>th</sup> DECK YOUR PLATE WITH MINI BAGEL WREATHS

Who says wreaths are just for the front door? These tasty little guys will decorate your plate and tickle your taste buds. Make enough for everyone, and get the party started! Spread 8 mini-bagel halves with low-fat cream cheese then sprinkle on 1/4 cup each of red, yellow, and green bell-pepper confetti. Makes 8 servings.



Did you know that a bell pepper is not really a vegetable? It's actually a fruit! Bell peppers are rich in vitamin C for strong teeth. Chomp!

Want to learn more? Check out [Disney.com/HealthyMagic](http://Disney.com/HealthyMagic)

## 16<sup>th</sup> BRIGHTEN WINTER NIGHTS WITH HOLIDAY LIGHTS

Head outside with the family after dinner and stroll the neighborhood to take in the warm glow of holiday lights. From big displays to simple candles, every light looks neat at night.

## 23<sup>rd</sup> GIVE TINS OF TRAIL MIX

Now that you're a pro, make tins of Tree-Trim Trail Mix as tasty homemade gifts for friends or family. Tie it off with a holiday ribbon and gift tag saying, "Made by \_\_\_ (your name here)!"

## 25<sup>th</sup> SIP A HOT DRINK

TRY heating up fresh apple cider for a tasty way to warm up this winter! Add a cinnamon stick for a special touch.

## 28<sup>th</sup> TRY A POWER VEGGIE!

Sweet potatoes are packed with beta carotene and have 300% of the recommended daily dose of Vitamin A—for healthy eyes, bones and a strong immune system. Serve them like a baked potato with the fixin's, slice and roast with a drizzle of olive oil, or cut them into skinny strips for delicious oven-baked sweet potato fries!

## 31<sup>st</sup> MAKE A NEW YEAR'S RESOLUTION

Want to learn a new sport or have a party with friends this year? Make a New Year's resolution to TRY new foods & new moves! Write a short list of things you'd like to TRY and plot them on your calendar to remind you.

# DECEMBER

## 19<sup>th</sup> ENJOY YOUR HOLIDAY BREAK—WOO HOO!

## 20<sup>th</sup> TREAT YOURSELF TO TREE-TRIM TRAIL MIX

Here's a yummy twist on traditional garland that's packed with fiber and antioxidants to keep you fueled up for holiday fun!

Prep and set aside: 8 cups freshly popped corn, 1 cup dried cranberries, 1 cup toasted walnuts, 1/3 cup maple syrup, 1/4 teaspoon cinnamon, 1/4 teaspoon kosher salt, a pinch of baking soda.

To cook: Heat oven to 300°. Grease a large baking tray. Mix popcorn and nuts in a large, well-oiled bowl. Bring the syrup, cinnamon, and salt to a boil in a small pot on medium. Boil for 4 minutes, swirling the pan as you go. Turn off heat and add baking soda, stirring until the mixture is creamy, then pour over the popcorn and stir. Spread popcorn on baking sheet and bake until dry to the touch (about 15 mins). Let popcorn cool for 20 mins, and mix in cranberries. Makes 8 servings.



## 26<sup>th</sup> GO SKATING

Winter break is a great time to TRY skating (ice skating, roller skating or inline skating). Never ice skated? Take a class. Don't have inline skates? Try renting.



## 30<sup>th</sup> GOT SNOW?

If you have snow in your area, or within a short drive, there are all kinds of cool winter moves you can TRY—go skiing, sledding, snowshoeing, or build an igloo! Ever tried snow painting? All you need to do is fill a few squirt-top water bottles with water and food coloring, and head outside. The snow is your blank canvas—get artsy!

