



## Happy Thanksgiving!

It's time to enjoy and spend quality time with your family and friends. We should all express gratitude, celebrate good fortune, and enjoy good food. While the food will take center stage this holiday, don't forget to bring wellness to the table. Here's some serious food for thought: it's not uncommon for many individuals to consume 3,000 to 5,000 calories around the Thanksgiving table! Be mindful of your eating and drinking—and be good to your body.



### Stay healthy this Thanksgiving

- **Go easy on yourself**—don't stress out about your weight loss goals. Strive for weight maintenance instead of weight loss this Thanksgiving.
- **Get a full 8 hours (or whatever your body needs)**—being well-rested can help you feel your best for the day's festivities.
- **Hydrate, and hydrate again**—drinking plenty of water is always a good idea, and can help curb your appetite.
- **Don't forget to eat (breakfast)**—having a nutritious and full breakfast can help you keep snacking and overeating under control.
- **Serving size is important**—be sure to use snack-size plates for snacks and appetizers. Grabbing large dinner plates can often put too much of those snacks in your belly before a meal.
- **Take time and enjoy your food**—this is a marathon, not a sprint. Don't rush through your meals or snacks.
- **Make your plates colorful**—remember to add some colorful greens to your plate.
- **Have your cake and eat it, too**—have the pies, cakes, cookies, etc.—savor all things in moderation!

### Thank you for participating in the Diabetes Awareness Month Events!

- One **Ninja Professional Food Processor**
- One **Apple HomePod Mini**
- One **\$100 Gift Card**

#### Here are the winners for Week 3:

- Tonette Simmons ~ Department of Public Works & Transportation
- Phillip Martin ~ Police Department

- Zuleika Dudley-Birruete ~ Health Department

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