

NEW HORIZON MEDICAL

|MARCH 2023|

Health Tip of the Month



GO GREEN



With Saint Patrick's Day around the corner maybe it will inspire us all to get some more *greens* in our diet! Sometimes holidays can be a distraction to our long term goals. Knowing that can help us navigate them better and avoid having them derail our progress.

Saint Patrick's Day is often associated with alcohol but is that what it needs to be about. Instead could it be an excuse to get together with family, do special crafts with your kids, or listen to Irish music?

There are many ways to celebrate special occasions and they do not always have to involve food/drinks. Think about reframing this in your mind and giving it a try this year!

IDEAS FOR PUTTING IT INTO PRACTICE

MAKE A SUBSTITUTION

You do not need to go totally without. Consider subbing in a sparkling drink or non-alcoholic beverage. Pro-tip, use the same glass or cup you would if it were alcohol. This will keep it feeling special.

FOCUS ON THE GREENS

Celebrate by adding some green veggies to your meal or putting some greens in your morning smoothie. Focusing on things you can add rather than take away can go a long way in the sustainability of a weight loss journey.