



Week 4: Healthy Holiday Foods

For week 4 of our challenge we want to give you some ideas for enjoying the holiday foods while staying within your “moderation limits.” Here are some websites with holiday tips and ideas:

1. <https://cooperaerobics.com/Health-Tips/Nutrition-Bites/Expert-Tips-for-Healthier-Holidays.aspx>
2. <https://cooperaerobics.com/Health-Tips/Nutrition-Bites/How-to-Inspire-Healthy-Family-Habits.aspx>
3. <https://cooperaerobics.com/Health-Tips/Nutrition-Bites/No-Holiday-Leftovers-Left-Behind.aspx>