



# SEA SLIM

## Healthy Christmas Traditions

Add a new Christmas tradition this year and support the health of your whole family for generations to come.

- Take a family walk after a big meal
- Roast chestnuts over a fire (or in your oven)
- Host a "healthier" dessert party or a soup party instead of a cookie swap
- Make a special hors d'oeuvres plate with berries, nuts, and smaller amounts of high quality cheeses
- Decorate Christmas cards instead of cookies
- Participate in a holiday 5K walk/run
- Play Christmas charades
- Play a Christmas themed scavenger hunt
- Make pine cone bird feeders with kids and hang them outside.

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