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How to Shop and Stay Healthy

Don't Let Holiday Shopping Wreck Your Health



There are some holiday traditions most of us would rather do without: long never-ending lines, crowded malls and dragging bags full of gifts from store to store. It's a shopping marathon and you need to keep up your fuel to finish it. But too often our health routines fall by the wayside. We grab some

junk food; we find we “don't have the time” to exercise amid the seasonal hubbub.

Here, Franci Cohen, a New York City certified nutritionist, exercise physiologist and fitness trainer (www.francicohen.com), and Mike Giliotti (www.mikegiliottifitness.com), a New York City based certified personal trainer, share their best strategies for avoiding an unhealthy holiday season:

Franci's Tips:

DO: Stay hydrated before, during and even after your busy day, to avoid dehydration headaches and the lethargy that accompanies dehydration.

DON'T: Dive into the caffeine pool. Soft drinks and coffee easily dehydrate the body due to their high caffeine content, and can definitely dampen your shopping stamina.

DO: Start your day with fresh fruit, low-fat milk, and fortified whole grain cereal packed with vitamin C and B-12, that boosts both your immune system and your energy levels.

DON'T: Grab a "bar" on your way out the front door. Most breakfast bars offer little nutritional value, and are filled with refined processed ingredients and lots of sugar.