



MAKE A NEW

Thanksgiving tradition

As much as we love Thanksgiving, most of us do not love the way we feel afterward. Heartburn, bloating, and sleepiness are common complaints after the holiday feast.

But, a simple family tradition could mean a better day for everyone. Instead of collapsing on the couch in a food coma, get the whole family out for a walk!

Walking after your Thanksgiving meal has several benefits:

1. Taking a walk right after eating may improve digestion. Physical activity stimulates the digestive system and keeps food moving through properly.
2. A post-meal walk may prevent a big spike in blood sugar. This means there is less chance of a “sugar-crash” later.
3. Walking may reduce your risk of disease, help you maintain a healthy weight, and even lengthen your life.
4. Being active as a family is an opportunity to strengthen bonds and enjoy uninterrupted quality time together.