



Why Not Start Some New Healthy Traditions This Year? Here's an idea...

The Annual Family Turkey Trot

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Now that you are on the road to a healthier lifestyle, it would be the perfect time to begin making some new traditions with you family, and friends. A fun way to get everyone excited about the holidays would be to begin hosting an annual turkey trot. You could determine the length of your trot according to the participants involved. It's your trot so you can make it as long, or as short as you would like. You could even make a plan to increase the length of the trot by a certain amount every year.

Some fun ideas for your trot:

- Have t-shirt's made that state something such as, "Johnson's Annual Family Turkey Trot".
- Give prizes to the winner, as well as to all of the participants. Get creative; maybe the winner will have the privilege of sitting at the head of the table, wearing a crown, for the big turkey dinner. Or maybe they won't have to clean up afterwards.
- Wear funny hats. The kids will have so much fun with this one!
- Make sure to take a group photo so everyone can remember how fun it was and look forward to it the following year.

The turkey trot is just one of many activities you could do as a family, or with your friends to promote a healthier thanksgiving day that is not just centered on consuming lots of food. Life is all about the enjoyable times we spend together with our friends and family, and being thankful that we are healthy enough to do so. What better way to celebrate your thanks!

