



TO HEALTH, FOOD, LIFESTYLE EDITORS:

## **It Only Takes Minutes a Day to Strike It Healthy for the Holidays, Expert Says**

Galloway, N.J., Nov 15/PRNewswire/ -- Understanding people usually eat more and drink more alcohol during the holidays, Dr. Therese Pasqualoni recommends her Strike It Healthy™ System that only takes minutes a day to help adults monitor their daily food and beverage consumption, including their fiber and cholesterol intake.

Dr. Pasqualoni, a behavioral therapist and health and fitness expert, founded Strike It Healthy™ Weight and Health Management Systems. She's dedicated to providing evidence-based health programs that go beyond the "weight-loss" concept to enable adults, young adults, and children opportunities to pursue healthier and safer lifestyle behaviors. See [www.strikeithealthy.com](http://www.strikeithealthy.com).

Research published in the Journal of Nutrition and Behavior found monitoring nutritional habits decreased peoples' chances of gaining unwanted weight during the holiday season. Dr. Pasqualoni supports this research, "So many times people wait until after New Year's to start healthier regimens. Why wait--- when you can Strike It Healthy™ for the Holidays and all year long."

The Strike It Healthy™ family version helps parents inspire their children to eat healthier. The Strike It Healthy™ System also includes cooking and exercise DVDs. "The holiday season can be very stressful and we need to include stress-free workouts that allow our bodies to rejuvenate so we can take full advantage of enjoying holiday moments with our families and friends" says Dr. Pasqualoni.

Dr. Pasqualoni's Healthy Tips for Enjoying the Holiday Season:

- Monitor your food and beverage consumption for most meals of the day
- Avoid skipping meals that can cause extra and low nutritious calories
- Include relaxing exercise sessions to decrease your holiday stress
- Know that a true serving size of alcohol is 12 ounces of beer or 5 ounces of wine or 1½ ounces of hard liquor

- If you drink alcohol, consume alcohol in moderation---at any time of year---the National Cancer Institute recommends no more than 2 drinks a day for men and 1 drink for women.

As published in the Harvard Heart Letter around the holidays there are various factors, such as increased stress and increased food and alcohol consumption that can cause an increase in health-related events. Dr. Pasqualoni invites us to protect our health and she believes "it's not about being perfect, it's about being healthier!" For more information visit [www.strikeithealthy.com](http://www.strikeithealthy.com).

NOTE TO EDITORS: Dr. Pasqualoni is available for interviews  
CONTACT: Dr. Pasqualoni, 609-748-4290,  
[tpasqualoni@strikeithealthy.com](mailto:tpasqualoni@strikeithealthy.com)