HEALTHY TAILGATING: MAKE THE RIGHT CALL

Watching football – and the rituals that go along with it – can take its toll on your health. Go on the offense now and hopefully avoid a rushing defense later! Check out the tips below on healthier snacking and tackling game day stress.

- **Watching sports releases adrenaline and decreases blood flow to the heart, which can increase heart rate and blood pressure.**
- **Eating too many salty foods causes fluid retention, which can result in high blood pressure.**
- **Take a quick walk around the block during halftime, do some pushups and situps while watching, or jump rope in place. Watching live? Make a few loops around the stadium or head to another section to meet a friend.**
- **Opt for natural foods such as fresh fruits and vegetables, which generally contain less than 0.5 mg of sodium per calorie.**
- **Indulging in unhealthy “fun foods” can lead to weight gain.**
- **Plan ahead and eat less or make healthier choices at other times of the day in anticipation of splurging a bit during the game.**
- **Excessive consumption of alcohol results in empty calories, and by reducing willpower it can lead to overeating and poor food choices.**
- **Substitute light beer for regular beer; mix a half glass of wine with seltzer to make it go farther.**