

#LiveWithVitality

Festive Webinars

Dates

Sessions

19 Nov 2021 (Fri)
12pm – 1pm

Why Can't I Stop Snacking?
Webinar by Holmusk

It is a misconception that snacking is a bad habit that many people have. However, snacking is not necessarily a bad thing if we are doing it right. In this session, we dive deeper into understanding the concept of snacking and how to do it right.

In this session, we will cover:

- I. Snacking habit myth busting
- II. Reasons why we cannot stop snacking
- III. What can we do to stop snacking
- IV. Good snack recommendation
- V. The snacking rule that we can adhere

A key takeaway sheet will be provided post webinar.

26 Nov 2021 (Fri)
12pm – 1pm

Easy Peasy Christmas Delights
Web cook by Holmusk

Festive seasons would also mean a busy time in the kitchen preparing the best dishes to serve your guest. Take the stress away this Christmas, by making these easy, healthier and impressive dishes for your celebration!

- ❖ Creamy chicken and broccoli bake pasta
- ❖ Tiramisu with a healthy twist

Your checklist to guilt-free festive indulgence!

This series of Festive webinars and web cook sessions aim to equip you to live healthier, longer, better lives amid celebrating the year-end festivities! Look out for our emails with instructions on how you can register for these enriching sessions, and receive **50 AIA Vitality points** for each session you attend.

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Dates	Sessions
04 Dec 2021 (Sat) 11am – 12pm	Parent & Child Festive Bakes Web cook by Health Can Be Fun Sweet treats can be enjoyed when they are made with natural sweeteners like fruits and vegetables. Our Nutritionist combines a great way to use fresh ingredients to bake up desserts that are low in refined sugar and calories. This session is a great way to reduce food wastage and spend time with our young ones to reinforce positive relationship with food. ❖ Pumpkin cinnamon apple muffin ❖ Sweet potato ginger cookies
10 Dec 2021 (Fri) 12pm – 1pm	Festive Season Survival Tips Webinar by Holmusk The festive season is a time of feasting and socialising, and it is tough not to indulge and be merry during this season! It's very easy to break our routine and let healthy habits that we have been keeping up with slip away. In this session, we will cover: I. Why is it so easy to gain weight after the holidays II. How social factors affects our eating habits III. Tips on managing our diet while attending gatherings/ family dinners IV. What does "drinking in moderation" mean? V. Staying active during the holidays <i>A key takeaway sheet will be provided post webinar.</i>
17 Dec 2021 (Fri) 12pm – 1pm	A Plantastic Christmas Celebration Web cook by Holmusk You've decided to go on a plant-based diet and not sure what you can prepare or contribute to the Christmas feast? Fret not! There's something for everyone. What's more, these recipes are easy enough for you to involve your kids to have some fun in the kitchen as well! ❖ Stuffed mushrooms with toasted bread ❖ Grinch fruit Skewers

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