

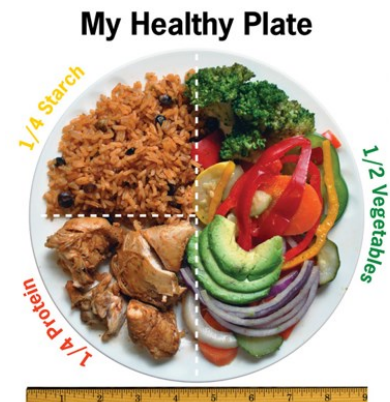


Healthy Holidays Survival Tips

The holidays are coming and they're typically full of rich and highly caloric foods that aren't necessarily good for our health or our waistlines. Pounds gained typically aren't shed and can add up over the years.

This holiday season, stop the cycle. By making just a few minor adjustments, you can combat stress and save yourself hundreds of calories while still enjoying all of your holiday favorites. Pick a few of your favorite tips from below to stay on track.

1. **Be realistic and forgive yourself.** Designate in which events and meals you will allow yourself to indulge. Don't let one indulgent meal turn into a whole day or season.
2. **Don't show up hungry.** It may seem logical to save your calories when you know you will be indulging, but you are more likely to overeat if you are starving. Balance your day with healthy meals so you can enjoy your favorite treats without over-doing it.
3. **Meal prep and stock up on healthy options.** The holidays get busy so instead of grabbing food on the go, stock up the fridge and freezer with healthy meals and snacks.
4. **Keep treats stored away to avoid temptation.** Your family and co-workers will also thank you for not contributing to their mindless eating.
5. **Portion control is key.** Gravy and stuffing are meant to be compliments to your meal not the whole plate. Limit yourself to one tablespoon of gravy and $\frac{1}{4}$ cup stuffing. Fill half of your plate with veggies, a quarter with protein and a quarter with starches. For dessert, sample your favorites rather than having full servings or use the buddy system and split dessert.
6. **Be the slowest eater.** At dinner, eat slowly and enjoy every bite. Challenge yourself to be the last one eating at the table so you won't feel tempted to go back for seconds.
7. **If it isn't your favorite treat just say no.** Save room to indulge in the treats you've been looking forward to.
8. **Take the focus away from food.** Start new family traditions like an annual football game while food is cooking and charades after dinner.
9. **Schedule at least 15 minutes every day for yourself.** Just breathe, meditate, walk, read a book by the fire or



take a bubble bath.

10. **Don't forget to move.** The holidays can be busy but even 10 minutes is better than nothing. If there is no time to get to the gym, just go for a quick walk around the neighborhood or try the "Holiday Home Workout" attached.

11. **Practice Gratitude.** The holidays are a time to be thankful. Every night when you go to bed, think about 3 people or things you are grateful for that day.

12. **Be present.** When did hanging lights and gathering with family become such a chore? This year forget the stress and focus on the people you love.

Maintain Don't Gain Challenge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Before the Holidays</p> <p>Weigh in and make your plan to stay healthy through the holidays</p>	<p>Nov 20</p> <p>Plan ahead for holiday parties and gatherings. Designate when you will have treats</p>	<p>Nov 21</p> <p>Aim for at least 3 veggies today</p>	<p>Nov 22</p> <p>Write down 3 people or things that you are thankful for this year</p>	<p>Nov 23</p> <p>Control Portions. Fill half your plate with veggies, a quarter with protein, and a quarter with starches</p>	<p>Nov 24</p> <p>Avoid consuming extra added sugars today</p>	
<p>Nov 25</p> <p>Gather friends and family for a hike or walk</p>	<p>Nov 26</p> <p>Share a healthy snack with your co-worker or friend</p>	<p>Nov 27</p> <p>Pack a healthy lunch today</p>	<p>Nov 28</p> <p>Hydrate! Drink a glass of water first thing in the morning</p>	<p>Nov 29</p> <p>No time for exercise? Try the quick "Holiday Home Workout" attached</p>	<p>Nov 30</p> <p>Enjoy the HOLIDAYS not 6 weeks of the Holidays</p>	<p>Dec 1</p> <p>Prioritize your tasks and forget the ones that aren't important</p>
<p>Dec 2</p> <p>Spend quality time with someone you love today</p>	<p>Dec 3</p> <p>Food prep for the week ahead. Try the healthy crock-pot freezer meals on page 4</p>	<p>Dec 4</p> <p>Weighing in once a week can help you stay on track</p>	<p>Dec 5</p> <p>Eat a healthy breakfast</p>	<p>Dec 6</p> <p>Try a new workout at home</p>	<p>Dec 7</p> <p>Pause and take 5-10 deep breaths</p>	<p>Dec 8</p> <p>Go for a 2 mile walk or bike ride</p>
<p>Dec 9</p> <p>Celebrate your Body! Treat yourself to a yoga class, massage, pedicure, etc.</p>	<p>Dec 10</p> <p>Go outside for 30 minutes</p>	<p>Dec 11</p> <p>Set a bedtime for the week! Lack of sleep can lead to increased stress and weight gain</p>	<p>Dec 12</p> <p>Fill up on at least 5 servings of fruits & veggies today</p>	<p>Dec 13</p> <p>Don't snack after dinner</p>	<p>Dec 14</p> <p>Try holding a plank for 30-60 seconds today</p>	<p>Dec 15</p> <p>Be the slowest eater at the table. Enjoy every bite</p>
<p>Dec 16</p> <p>Do one nice thing for yourself today</p>	<p>Dec 17</p> <p>Take the focus away from food and start a new family tradition of being active</p>	<p>Dec 18</p> <p>Do something kind for someone today</p>	<p>Dec 19</p> <p>Go for a walk at lunch</p>	<p>Dec 20</p> <p>Try 3 sets of 10 squats while you cook dinner</p>	<p>Dec 21</p> <p>If you don't love it then don't eat it</p>	<p>Dec 22</p> <p>Remake your favorite dishes into healthy dishes</p>
<p>Dec 23</p> <p>Be present with the ones you love</p>	<p>Dec 24</p> <p>When it is time for dessert sample only a couple bites or use the buddy system and split dessert</p>	<p>Dec 25</p> <p>Keep treats stored away to avoid temptation</p>	<p>Dec 26</p> <p>Forgive yourself and get back on track</p>	<p>Dec 27</p> <p>Make time for exercise today</p>	<p>Dec 28</p> <p>Send your thank you cards</p>	<p>Dec 29</p> <p>Make a Vision Board for motivation</p>
<p>Dec 30</p> <p>Re-think the Drink: Alcohol packs a lot of calories and contributes to extra munching</p>	<p>Dec 31</p> <p>Write your New Year Resolutions</p>	<p>Jan 1 and beyond...</p> <p>Now don't just think about your resolutions—Get out there and achieve them!</p>				



tweak the sweets



VS



fruits make delicious desserts

cheers to good health



VS



drink water to manage calories

bake healthier



VS



use recipes with pureed fruits instead of butter or oil

spice it up



VS



use spices and herbs instead of sugar and salt

brighten your meal



VS



fill half your plate with fruits and vegetables

skim the fat



VS



try skim evaporated milk instead of heavy cream

swap the grains



VS



choose whole wheat flour instead of white flour

go easy on the gravy



VS



a little bit of gravy goes a long way

Healthy Holiday Recipes

Swap out a few of your holiday favorites for healthy alternatives this year! Healthy doesn't mean you have to sacrifice great taste. You may just find a new favorite that everyone will ask you to make for years to come!



Thanksgiving

<https://www.cookinglight.com/entertaining/holidays-occasions/thanksgiving-healthy-menu-recipes>

<https://www.foodnetwork.com/thanksgiving/photos/healthy-thanksgiving-recipes>

Side Dishes

<https://www.foodandwine.com/slideshows/healthy-thanksgiving-side-dishes>

Parties and Potlucks

<https://www.cookinglight.com/entertaining/holidays-occasions/holiday-cookbook-appetizers-drinks#glazed-cocktail-meatballs-2>

<http://www.eatingwell.com/recipes/19843/holidays-occasions/christmas/appetizers/>



Food Prep for Busy Weeks

<http://newleafwellness.biz/2015/05/27/31-healthy-crockpot-freezer-meals/>

<http://greatist.com/health/healthy-fast-breakfast-recipes>

<http://www.wholefoodsmarket.com/recipe/turkey-pumpkin-chili>

Gluten-free

<https://www.delish.com/holiday-recipes/thanksgiving/g3024/gluten-free-thanksgiving/?slide=5>

Vegetarian

<https://www.saveur.com/vegetarian-holiday-recipes#page-13>



Holiday Home Workout

- Perform each exercise for 30-60 seconds without rest in between
- Once all 6 exercises are complete, rest for 30-60 seconds and then repeat!
- Repeat the circuit 2-3 times, depending on how much time you have.
- Aim for at least 2-3 days a week

1. Goblet Squat (Legs)

- Stand with feet set wider than shoulder-width and hold a dumbbell with both hands in front of your chest.
- Sit back into a squat, keeping the dumbbell in the same position then drive back up and repeat.
- Use 5 or 10lbs to start



2. Bent-over Rows (Back)

- With a dumbbell in each hand (palms facing your torso), bend your knees slightly and bring your torso forward by bending at the waist; as you bend make sure to keep your back straight until it is almost parallel to the floor. While keeping the torso stationary, lift the dumbbells to your side (as you breathe out), keeping the elbows close to the body (do not exert any force with the forearm other than holding the weights). On the top contracted position, squeeze the back muscles and hold for a second.
- Slowly lower the weight again to the starting position as you inhale



3. Glute Bridge Exercise (Glutes)

- Lie on your back with your knees bent and your feet flat on the floor
- Tighten your glutes and lift your hips off the floor
- At the highest position, there should be a straight line from your knees all the way to your shoulders. Hold the contraction for five seconds before returning to the starting position.



4. High Knees (Cardio)

- Run in place while lifting your knees high to the level of your waist. Engage your abs as the knee comes up.
- Pump your arms to warm up your upper body.
- Feel free to modify and just march in place while pumping your arms as fast as you can.



5. Wall Push-ups (Chest)

- Face a wall, standing a little farther than arm's length away, feet shoulder-width apart.
- Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
- Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor.
- Hold the position for 1 second.
- Breathe out and slowly push yourself back until your arms are straight.
- For more advanced, lower your push-up to a bench or the floor.



6. Plank (Core)

- Place the forearms on the ground with the elbows aligned below the shoulders, and arms parallel to the body at about shoulder-width distance. Ground the toes into the floor and squeeze the glutes to stabilize the body. Your legs should be working in the move too; careful not to lock or hyperextend your knees.
- Neutralize the neck and spine by looking at a spot on the floor about a foot beyond the hands. Your head should be in line with your back.
- Hold the position for 20 seconds. As you get more comfortable with the move, hold your plank for as long as possible without compromising form or breath.

