

# Holidays: The Eating Challenge



**EAT SMART!!! MOVE MORE!!!**  
**...MAINTAIN DON'T GAIN...**

# Plan for Success

## Top 10 TIPS FOR HOLIDAY EATING

1. Be realistic
2. Don't skip meals
3. Survey party buffets before filling your plate
4. Eat until you are satisfied not overly stuffed
5. Be careful with beverages
6. Take the focus off of food
7. Balance food intake out over the day
8. Take a healthier version of a favorite food to a holiday gathering
9. Practice healthy holiday cooking
10. Plan time for exercise



# Holiday Eating

## TIP #1: Be Realistic



Don't try to lose weight...Strive for weight maintenance

**NOTE:** Trying to lose weight during the holiday may be a self-defeating goal.



## Holiday Eating

### Tip #2: Eat 3 Meals/Don't Skip Meals



One will be less tempted to overeat when one eats 3 meals. If one skips a meal, they most likely will find themselves starved when the holiday meal comes around. The tendency to overeat will be there to battle.

## Holiday Eating

### Tip #3: Survey the Buffet Line before Filling Your Plate



Choose your most favorite foods for the holiday and have small portions. Leave the foods alone that you do not like or that you can get anytime of the year. Limit yourself to one plate.

## Holiday Eating

### Tip #4: Eat to Satisfaction Not to a Level of Stuffiness



Eat your favorite foods ...Just in small portions.  
Savor each bite by eating mindfully. Make your meal last 20 minutes.  
Gauge your level of fullness.



# Holiday Eating

Tip #5: Watch Calories in Beverages-they can add up



# Holiday Eating

## Tip #6: Direct Focus Off of Food



### IDEAS to take the focus off of food:

- 1) Enjoy family time
- 2) Make crafts/work on special holiday projects
- 3) Play games



# Holiday Eating

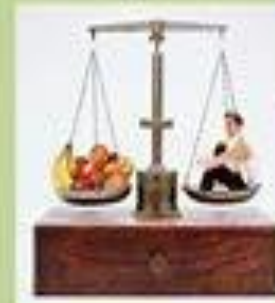
## Tip #7: Balance Calories Throughout the Day

Example: Total Calories per day: 2000

- Breakfast: 300
- Snack: 150
- Lunch: 800
- Dinner: 550
- Snack: 200

### Balancing Calories to Manage Weight

- Find out how many calories YOU need for a day as a first step in managing your weight.
- Being physically active also helps you balance calories.



# Holiday Eating

## Tip #8: Take a Healthier Dish to Gatherings



*Delightful Healthy Holiday Recipes!*





# Holiday Eating

## Tip #9: Practice Healthy Holiday Cooking

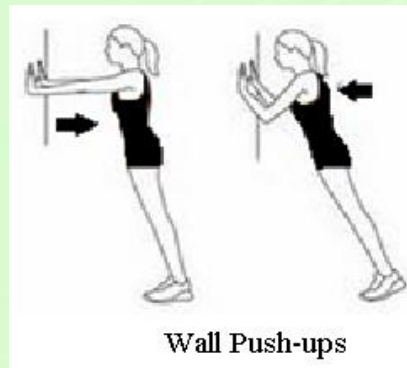
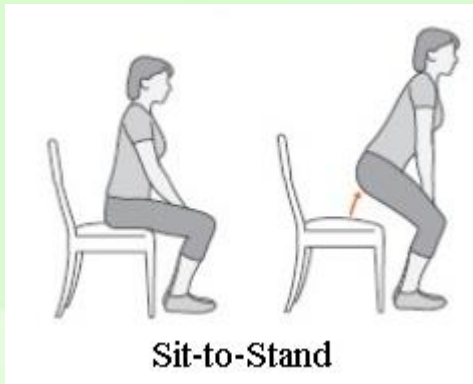


Remember to modify recipes. It is easy to cut calories by using 2 egg whites in a recipe instead of 1 whole egg. Replace heavy creams with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruits, fruit sauces, or a little powder sugar instead of frosting.



# Holidays: Burning Those Extra Calories

## Tip # 10 Plan for Exercise/No Excuses



### 1. Excuse: It's too cold outside.

When weather is inclement you can exercise at home. Try the exercise movements above: Perform each for 10-15 reps x 2-3 sets

**NOTE: Exercise should be done unless not recommended by the doctor or exercise specialist.**

# Holidays: Plan for Exercise

## 2. Excuse: I don't have time.

If you feel like you're too busy to fit in regular exercise, try combining exercise with daily activities.

- Park further, take your dog on extended walks, recruit family for post-meal walks, or plan a family outing that is physically active.

## 3. I need to travel and there is no where to exercise. Stretching is a great way to relieve the stress of traveling.

Try these seated stretches: Hold each for 15-30 seconds, repeat 1-3 times.



# Holidays: Plan for Exercise

## 4. I'll start fresh in January

New Year's resolutions are full of promises, but few people actually keep to them. Staying active through December will set you up for success in the new year. You can also avoid the pitfalls of doing too much too soon, which can often lead to burn-out or injuries.



## 5. I can't get motivated when it's so dark outside.

If you are having trouble staying motivated it may be beneficial to get a workout partner or attend a group exercise class. By having accountability and companionship it may be just what you need to stick to a scheduled exercise routine.



# Holidays: Plan for Exercise

6. I have so many holiday parties to attend.

Exercising before events helps prevent unwanted weight gain and fosters well-being, strive to be active 30 minutes before getting ready for that party. If you don't have 30 minutes to go for a brisk walk, try breaking it up into three 10 minute walks.



# Accomplished Healthy Eating & Healthy Living During the 2018 Holidays?

## Stay Motivated During 2019:

**HOW TO STAY MOTIVATED**

- TAKE IT ONE DAY AT A TIME
- SURROUND YOURSELF WITH POSITIVITY
- CREATE A VISION BOARD
- MAKE S.M.A.R.T. GOALS
- REWARD YOURSELF
- BELIEVE IN YOURSELF
- ACKNOWLEDGE YOUR POSITIVE ATTRIBUTES
- RECOGNIZE YOUR PROGRESS
- VISUALIZE ACCOMPLISHING YOUR GOALS
- BE KIND TO YOURSELF
- DON'T COMPARE YOURSELF TO OTHERS

Today'sFitnessTrainer.com

**2019 Calendar** Calendarpedia Your source for calendars

January	February	March	April																																																																																																																																																							
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**Federal Holidays 2019**

Jan 1	New Year's Day	May 27	Memorial Day	Oct 14	Columbus Day	Dec 24	Christmas Day
Jan 21	Martin Luther King Day	Jul 4	Independence Day	Nov 11	Veterans Day		
Feb 18	Presidents Day	Nov 9	Native Day	Nov 28	Thanksgiving Day		

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...And for Years to Come...

EAT WELL  
MOVE DAILY  
HYDRATE OFTEN  
SLEEP LOTS  
LOVE YOUR BODY

REPEAT FOR LIFE