



# Healthy Holiday Tips

The holidays are a busy time of year, packed with festive meals, family commitments, and additional fun outings. This extra hustle and bustle can make it difficult to maintain your fitness and nutrition goals—but that doesn't mean it's impossible.

After all, repetitive behaviors done consistently are easier to maintain than ones you do sporadically.

That said, taking some time to relax and wind down is perfectly acceptable during the holidays—or any other time you need a break. But if your goal is to stick to the plan you have in place, here are some tips to help you maintain that commitment for yourself.



## Overview

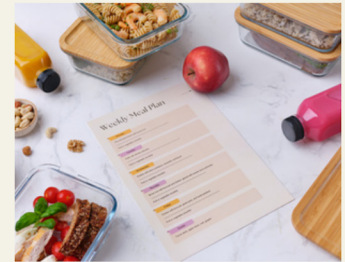
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<https://www.verywellfit.com/tips-for-healthy-habits-during-holidays-5208222>



# Plan Ahead

- Make an activity agenda
- Prioritize nutrients
- Avoid skipping meals
- Plan your plate



## Plan Ahead

Planning ahead is your first line of defense in the effort to maintain your fitness and nutrition goals—whatever those goals may be. Here are some things you can pre-plan to stay on track.

### Make an activity agenda:

plan alternative exercises while away or incorporate lighter activities such as bodyweight or resistance band exercises.

### Prioritize nutrients:

Eat nutrient-rich and filling foods prior to a big meal as a way to stick to your nutrition goals.

### Avoid skipping meals:

-Forgetting to eat during the holidays is common, but can lead to drops in blood sugar that cause intense hunger, stress, and sleep issues.

-Make sure you are eating consistently throughout the day.

### Plan your plate:

Eat nutrient-rich foods like fruits and vegetables first, then add whole grains and lean protein.



Remember:  
**SAMPLE** don't  
**SPLURGE!**



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# Communicate Your Commitments



## Communicate Your Commitments

Talking to your friends and family members about your commitments will help you avoid awkward questions and conversations about your choices.

Preparing your friends and family ahead of time helps them be more supportive.



## Remember, It's Not All or Nothing

“A healthier mindset focuses on long-term, sustainable health. This doesn't mean perfection, this means making adjustments as seasons (and holidays!) require.”



### Remember, It's Not All or Nothing

A common pitfall is the belief that health and fitness goals are all-or-nothing.

Do not fall into the trap of believing you have failed if you didn't stick to your game plan perfectly.

When this happens, you may end up forgoing your goals altogether and then later regret your decision.

A healthier mindset focuses on long-term, sustainable health.

This doesn't mean perfection, this means making adjustments as seasons (and holidays!) require.

# Eat Mindfully



Eating mindfully may help you enjoy your food more.

When you are eating, slow down and try to focus on the taste, smell, and textures of the food.

If your holiday meal is spent with people you love, this also allows you to savor their company.

Even if you slow down and prioritize enjoying your food, it takes time for your brain to tell you you're full. I

Wait a little bit in between helpings

Even 10 minutes can help provide insight as to how hungry (or how full!) you are. Listen to these natural signals your body will send!



# Get Active Together

- Bond With Family and Friends
- Enjoy Some Fresh Air
- Start Your Day with Endorphins
- Train for a Goal
- Raise Money for Charity



## Get Active Together

Encourage others and boost your movement during the holidays.

Get your heart pumping as a group. Plan to go for an after-dinner walk, sign up for a holiday race together, or play with the kids outdoors.

Centering some of your social time around getting active will build lasting memories and give everyone a healthy endorphin boost.





## Prepare Nutrient-Dense Dishes

- Add Vitamin D-Rich Foods
- Try More Veggies
- Include Herbs and Spices
- Reduce Sodium
- Go for Whole Grains
- Focus on Nutrient Density



### Prepare Nutrient-Dense Dishes

A simple way to manage your food choices is to bring or prepare nutritious dishes to share.

High volume, nutrient-dense foods will provide vitamins and minerals while keeping you feeling full.

### Tips for Reducing Sodium

Make your own stock.

Use whole or dried herbs and spices instead of packaged blends.

Choose frozen or fresh vegetables instead of canned or rinse canned ones thoroughly.

Make your own biscuits and croutons.

Create your own simple salad dressings.

Make gravy from scratch.

Make your own stuffing.

Serve unsalted nuts and snacks.



# Prioritize Sleep



## Prioritize Sleep

Sleep is paramount when it comes to maintaining the rest of your healthy habits. When sleep is lacking, other decisions become more challenging, as well as feelings of reduced energy.

It is recommended that adults get 7 to 9 hours of sleep per night, even during the holidays. Doing so will help reduce stress and keep you healthy in more ways than one.



# Take Time to De-Stress



## Take Time to De-Stress

Let's face it, the holidays can be stressful. Taking time for yourself is not a selfish act. Self-care will help you treat others and yourself better, and you will likely be able to make more rational decisions when you are not feeling stressed out.

Try exercising, meditating, taking a warm bath, or going for a walk. You also could reduce the pressure of gift-giving and do a white elephant gift exchange or plan a family outing in lieu of gifts.

Letting others know that you need some time for yourself is perfectly reasonable. Explain that you will feel much better after some time to de-stress and offer to participate in a social activity once you return.



## Review: Healthy Habits During the Holidays

- Pre-plan
- Be clear about your commitments
- Remember fitness adjustments are OK
- Eat mindfully
- Get active together
- Prepare Nutritious food
- Self-care
- Sleep well

THANK YOU



## Sources

- <https://www.verywellfit.com/tips-for-healthy-habits-during-holidays-5208222>
- [https://youtu.be/ywJWZCvdzgY?si=PMz9HUYcRA\\_dIIQK](https://youtu.be/ywJWZCvdzgY?si=PMz9HUYcRA_dIIQK)
- <https://www.verywellfit.com/ways-to-make-your-holiday-meal-more-nutritious-5208789>