

Tips to Staying Healthy during the Holidays

**Nutrition Suggestions**

* **Avoid** desensitizing yourself to your body’s need for nourishment during long shopping or travel days. **Plan ahead** and pack some on-the-go healthy snacks. Reach for your healthy snack and don’t forget to hydrate with water before an unwanted headache arises.
* **Prevent** cold and flu by ensuring adequate Vitamin C daily. Small mandarin oranges, more commonly known as Cuties or Halos, are currently in-season and ideal as small snacks to carry in your purse. Remember to wash hands frequently and before snacking or eating meals.
* Leave the **“Santa Belly”** as Santa’s trademark only. Overconsumption to the point of uncomfortable fullness stimulates the body even further to just store food as fat. Limit overconsumption at parties and dinners by finding satisfaction in first helpings and then forget about seconds by engaging in conversation or family games.
* **Be Picky.** Assess the array of appetizers and dishes at an event, and select your absolute favorite 3-5 to enjoy and don’t think twice about the options you won’t miss. Essentially don’t eat excess calories on something that is not as satisfying to you.
* **Ensure** there is at least one **healthy option** at an event by bringing your own healthy appetizer or side dish. Also eating a small salad or healthy vegetable snack **before** attending parties can help avoid overconsumption on unhealthy options.

**Fitness Ideas**

* When schedules are even busier than usual with gift shopping, work deadlines, and gatherings, optimize your workouts by doing **short, high intensity, efficient** workouts. Think 20 minute **HIIT workout** to get your blood pumping or 20 minute **mat Pilates** class to refresh your posture from all the heavy bag-carrying.
* **Manage stress** by taking out just **five minutes** of your day, either immediately after waking or just before bed, to do some gentle stretches like neck circles and forward folds. Enjoy the physical release of any muscular tension and find the mental solitude from five minutes of silence.
* Exercising can be difficult during **travel** away from home to see family and outside of the normal fitness environment. Think creative ways to exercise with **minimal resources**: walking, resistance bands, mat ab series, push-ups, planks.