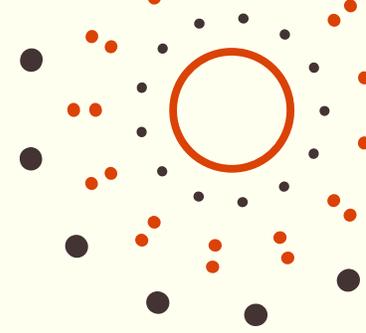


HOLIDAY HEALTH TIPS

River Valley Health & Wellness



1. Start Strength Training NOW

Building a solid foundation of muscle will help your metabolic rate stay higher during the holiday season. Muscle burns more than fat! Mentally, you'll know you've been working hard all month, and it may keep you in check!

2. Limit your indulgence to one or two days of the Holiday

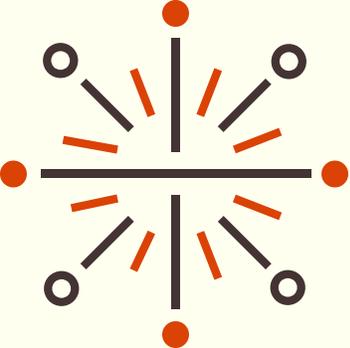
Keeping your holiday indulgence to the 'eve' and the actual day-of, will help you not over do it. Try to keep in mind the 90% healthy 10% less healthy rule. If you eat 3 meals per day 7 days per week, you eat 21 meals a week. Being generous, this rule gives you 3 meals per week to indulge, enjoy, and not feel guilty about. This extends past the holidays into your daily life too!

3. Eat healthy, well-rounded meals in between.

Thanksgiving morning, eat a healthy breakfast. The apps will likely start flowing around 2 or 3, and knowing you have eaten a healthy balanced breakfast will bring you into the party a lot less hungry, and help keep you from over eating. Between holidays, always commit to healthy balanced meals. Don't snowball the holiday eating!

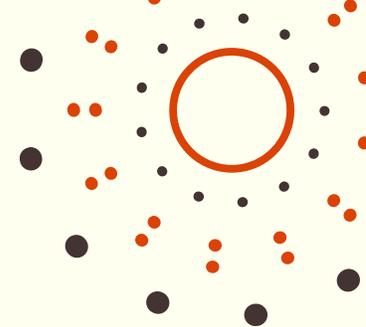
4. Make sure you get some exercise!

Holidays and long weekends are a fun time to relax, but getting outside, especially this time of year, can be a good for your body & mind as we adjust to winter hours and weather. It's a great group activity for family & kids also! Bundle up, and take the crew for an outside walk around the neighborhood or some nature trails if you have them, get a game of football or frisbee going. Take time to PLAY! It doesn't have to be anything crazy, you don't have to be drained, just move that body. It'll help you offset extra calories & keep digestion stimulated to help avoid any constipation.



HOLIDAY HEALTH TIPS

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5. Be mindful.

Mindlessness is often how over-eating happens. At home, it's with things like the TV on or computer in front of you. On holidays, there is so much stimulation overload coming from friends, kids, dogs, games, etc. When you choose to eat, choose to eat. Try not to multitask. Smaller portions will help you get back to the fun quicker minimizing FOMO. (WIN/WIN)

6. Just a *taste*

When it comes to appetizers, Thanksgiving dinner, etc... we often LOAD up our plates trying to get a serving of each delicious plate. If you eat healthy 90% of the time, especially throughout the holidays, a little indulgence is totally fine, and in my opinion welcome, but portions will be a huge factor here. Especially rich/fatty/sugary foods (i.e. potatoes au gratin, or my aunt's famous cheesy bread dip) limit your consumption to a bite or two. Enough to experience the flavors, but not enough to make you bloated and full mid party!

7. Drink a glass of water for every drink you have.

The oldest trick in the book! You'll have that many less beers, glass of wine, or cocktails which means less sugar, less calories, and less of a hangover tomorrow. You may also avoid that late night urge to go eat the food that's been sitting out for 5-6 hours.

8. Do NOT beat yourself up over your holiday indulgence.

One bad meal doesn't make you fat, just like one salad doesn't make you skinny. Always look forward to your next meal, never regretting the last... and on days there aren't gatherings, parties, and endless appetizers, commit to eating those healthy balanced meals.

Click to [Schedule a FREE Consultation](#) and get ahead of those New Years Resolutions!