Put The Jolly In Your Holiday

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The Holiday Season is Here!
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The most wonderful time of the year...but is it really though?

•¼ of Americans report feeling 'extreme stress'
•69% are stressed by the feeling of 'lack of time'
•51% are stressed because of the pressure to give gifts
•45% of Americans would prefer to skip Christmas
NO ONE IS FORCING YOU TO EAT CRAP ON A HOLIDAY & RUIN YOUR FITNESS GOALS!

How To Eat Healthy During The Holidays

ENJOY THE HOLIDAYS WITHOUT GAINING WEIGHT

You know it’s coming... the holidays are here, and with them come the temptations to overindulge. Here are 9 tips to help you stay on track and enjoy the holidays without gaining weight:

1. Drink water or herbal tea instead of sugary drinks or alcohol.
2. Avoid heavy appetizers like dips, spreads, or pasta sauces, which can lead to overeating later on.
3. At the buffet, fill your plate with more vegetables and lean proteins to make healthier choices.
4. Portion your food before sitting down to eat.
5. Be the bearer of good news. Share healthy food options with family and friends to create a supportive environment.
6. Bring a healthy snack to every gathering to curb those hunger pangs.
7. Be present and savor each bite of your food.
8. Stay active throughout the day with physical activity or exercise.
9. Set a goal to stick with it, even if it’s just one small change each day.

Did you know the average American gains 7-10 POUNDS between Thanksgiving and Christmas?!

What’s up for reversing this trend?

Non-starchy vegetables or whole grains
- Sweet potatoes
- Shrimp
- Corn
- Black beans
- Turkey

Starchy vegetables or legumes
- Sweet potatoes
- Lentils
- Rice
- Beans
- Pasta

Lean meat, fish or legumes
- Turkey
- Fish
- Legumes

Healthy fats
- Avocado
- Olive oil
- Nuts

Sugar and cream
- Sugar
- Sweeteners
- Creamer
- Milk

 Sugars and non-dairy milks
- Sugar
- Sweeteners
- Creamer
- Milk

Healthy options
- Nuts
- Seeds
- Avocado
- Lentils
- Turkey
Enjoy Yourself!

- Be mindful of your body’s hunger cues
- Food is not “bad” or “good”
- Ditch the restriction
- Mind your plate (and encourage others to do the same!)
- Move when you can
- Give yourself some grace and take care of YOU.
Let Food Be Thy Medicine & Medicine Be Thy Food
- Hippocrates

YOU AREN'T JUST WHAT YOU EAT, BUT WHAT YOU EAT, EATS
Mindful Eating

THE 80/20 RULE

JERF
JUST EAT REAL FOOD

EAT THE RAINBOW

Stick to the "Perimeter of the Grocery Store" for healthier food shopping.
In the layout of most grocery stores, the freshest and healthiest foods will be on the perimeter of the store. When shopping for food, stick to the perimeter.

Watch-out areas: End caps & checkout displays tend to be filled with junk foods as they are impulse buys.
Exercise As Celebration, Not Condition: The Two Competing Mindsets

Punishment

- “I just ate two slices of pie. That means I should run for two miles.”
- “In January, I will go all out!”

Wellbeing

- “I’m going for a quick run because I enjoy it and feel happier!”
- “I feel accomplished and proud that I hit my goal and improved!”
Holiday Exercise Ideas: Make the Most of What You Can When You Can

Center it around connections
Favorite holiday activities with family or friends
Dancing!
Get outdoors by taking a walk or scenic hike
Active games or fun like skating

Make it functional
SHOPPING
Groceries
Chores
House/yardwork
Decorating

Keep it short and simple
HIIT (30 minutes)
10-minute bodyweight wake-up routine
Resistance bands
Household items (water bottles, soup cans, backpack)

Try something new
Get a day pass
Join a class at a nearby gym or boutique studio
Use family equipment or hotel gyms
Mobility/flexibility or yoga
Stretch on the plane

Utilize online resources
YouTube workouts
Wellbeing Online
It's okay to take a break this break!

**Takes about 2 weeks before performance declines**
- One week off will have little effect
- Too much exercise can be harmful

**Reduction in intensity or load**
- Recovery time to help relax and refocus
- Prevention of fatigue, injury, overtraining, or plateau
- Be kind to yourself and body!

**Importance of sleep**
- One day rest (two sleep cycles)
Resources

- **Intuitive Eating** by Evelyn Tribole, MS, RD & Elyse Resch, MS, RD
- **Body Kindness** by Rebecca Scritchfield, RDN
- **Health at Every Size** by Linda Bacon, PhD
- **The F*ck it Diet** by Caroline Doone
Conclusion

- Let it go! Enjoy yourself!