




Put The Jolly In Your Holiday

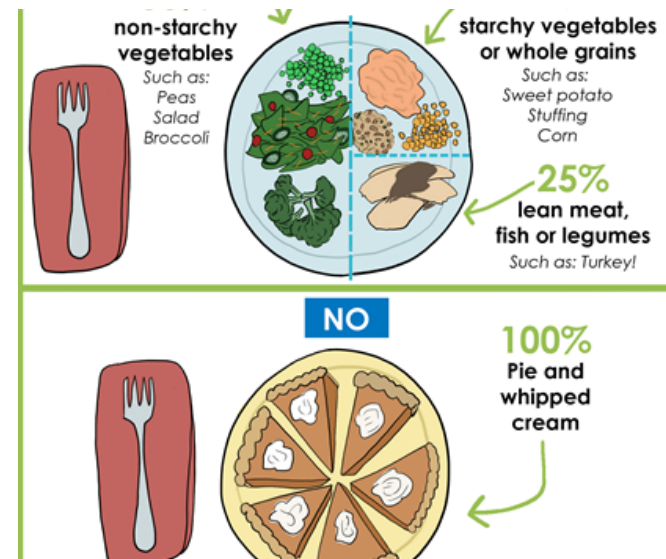
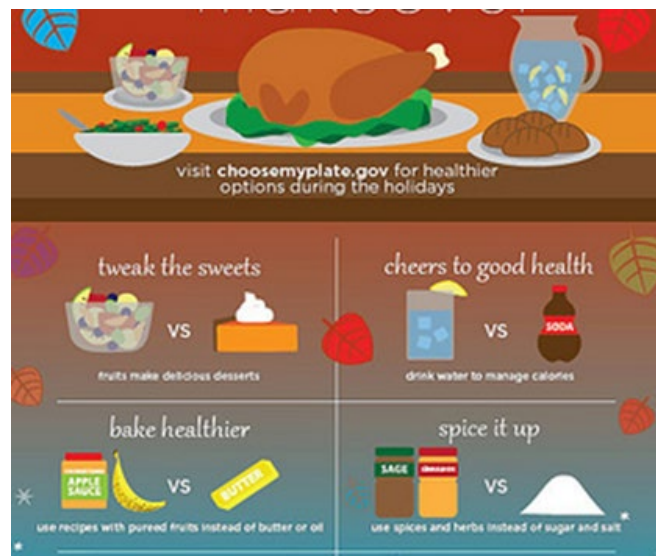


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The most wonderful
time of the year...but
is it really though?

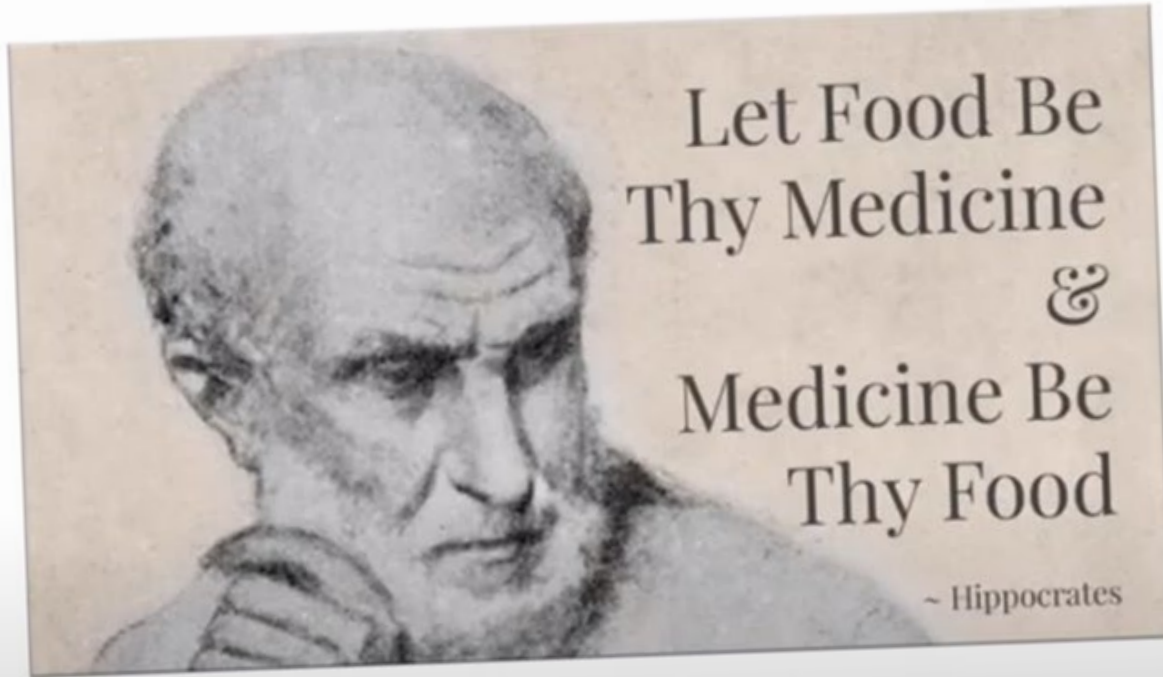
- ¼ of Americans report feeling 'extreme stress'
- 69% are stressed by the feeling of 'lack of time'
- 51% are stressed because of the pressure to give gifts
- 45% of Americans would prefer to skip Christmas



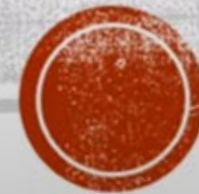
Enjoy Yourself!

- 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.





NUTRITION



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



Mindful Eating

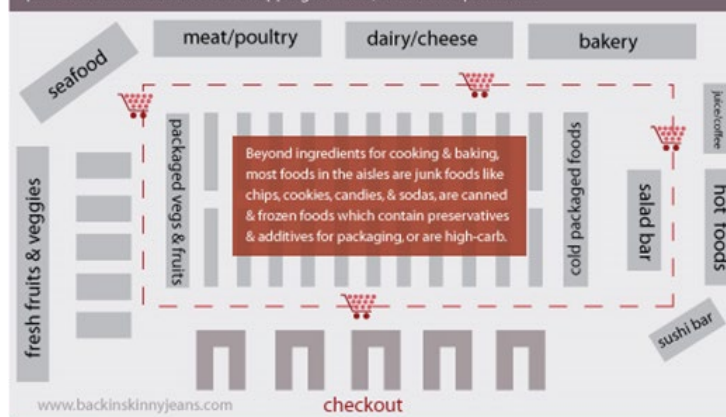


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JUST EAT **REAL** FOOD

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





- Let it go! Enjoy yourself!

Conclusion

