

# Seasons Eatings.

## 10 Tips for a Healthier, Happier Holiday Season

The holiday season is a time to enjoy friends' family and ... festive food of course! But with all the hustle and bustle, it can be difficult to maintain a healthy diet and not overindulge in all the food and drinks that are available during the festive season.

We know the holidays are a tempting time to throw in the towel when it comes to a healthy approach to your eating, movement and overall mental and physical well-being. Imagine how much better you'll feel if you don't trash your healthy habits and instead find a way to celebrate and feel great.

I try to walk my talk all year-round. But even I'm not above avoiding temptation, especially when the calendar is a full of parties and rich food is in abundance, I've put together a list of 10 effective and easy ways to enjoy the holidays in moderation so you don't have to sacrifice your favourite treats and traditions.

### 1 Drink water

Water keeps you hydrated and healthy while also keeping your stomach fuller so there's less room for treats. I recommend you start your day off by drinking water even before you reach for the Coffee or Tea. An easy way to estimate how much water you should drink each day is to use the following calculation

Your weight in **kgs** x **32** = **mls** per day of water - eg; **70 kgs** x **32** = **2240 mls** (2.24 ltr) per day

### 2 Plan ahead

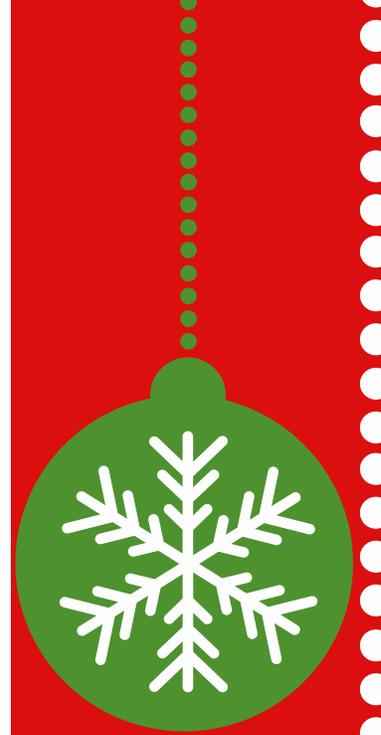
Before you attend a party or event determine your plan of attack, for us, it's eating a meal with power foods like veggies and lean protein before the party. Even a protein bar eaten quietly in the car will help! If you're already full when you arrive, you'll be less likely to load up on tempting treats.

### 3 Comfort levels aka portion control

It's unrealistic to expect that you'll be able to avoid every single serving of potatoes be it roasted or potatoe salad, christmas mince pies, pavlova or healthy holiday cookies. You can enjoy your favourite things but don't forget to listen to your body - Am I hungry? Will I feel good if I eat any more? Do I like the taste, do I really want to eat this? Do your best to hold yourself accountable and stick to just one regular sized portion. When you do have to eat at an event plan to full your plate with colourful produce and salads, then add treats and indulgences in smaller portions.

### 4 Skip the extras

This is a tough one but trust us when we say that if you cut back (or even skip altogether) the extra stuff like cheese, gravy sauces, butter and whipped cream you are less likely to over indulge. If you only want to eat it if it has the condiments, then you probably don't want the food at all.



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### 5 Chew slowly

Okay, we know this one sounds a little funny, but it really works – and there’s science behind it! When you eat too quickly, you don’t give your brain a chance to tell you to “Stop Eating”! By taking the time to eat slowly and savoring your food in small bites you’ll want far less.

### 6 Exercise

The holidays are notorious time of year when many relax on their exercise routine. But Exercise is a great way to burn off those extra calories and reduce stress during the most wonderful time of year. Try and keep moving for at least 30 minutes every day and make sure you’re doing activities you enjoy!

### 7 Drink in moderation

Sweet alcoholic drinks can have a lot of hidden calories, as can heavier drinks like beer, stick to lower calorie drinks like vodka and sparkling water with some lemon or lime for flavour. You can also follow the one to one rule – for every alcoholic drink you have follow it with a glass of water and during the last hour or so of the party switch to water completely. Your head will thank you in the morning.

### 8 Be smart with leftovers

We all know everyone brings too much food to a party. If you keep the unhealthy food around or take it home you’re more likely to eat it. If you’re hosting a party the best way to combat this is to send everyone home with a “doggy bag” of food so you can clear it out. If a host asks you to take something home either decline politely or take the leftovers to the office the next day.

### 9 Don’t beat yourself up

If you do overindulge, forgive yourself and step right back into your healthy habits the next day. Continuing to feel guilty won’t help your mental or physical health and could make you more likely to fall off the wagon completely (or just make you a Grinch!).

### 10 Have treats in small portions

The holidays are a time for celebration and we don’t believe in completely depriving yourself. So go ahead and have a small portion of your favorite treats (just maybe don’t go back for seconds!) and enjoy!

*Happy Holidays*

*Rachel x.*

*Share the joy, stay safe, be kind to yourself and others, go forth and enjoy.*

