

Week 1: VITALITY

● EAT ●

Prepare for Temptations

Whether it is a family feast or trick-or-treating, it seems temptations are hidden around every corner. Rather than being caught off guard, set up a game plan to overcome those temptations and maintain a balanced diet.

Skip the Appetizers

These tiny foods are one of the quickest ways for calories to add up because they are typically loaded with fat and sodium and likely deep fried. Instead, stick to fruits, veggies, or shrimp cocktail.

Make Veggies a Priority

Focus on getting vegetables with every single meal. By making a conscious effort to squeeze in as much nutrition as possible, you'll fill up on fiber, vitamins, minerals and all the wonderful health benefits veggies have to offer—leaving less room for the high calorie foods filled with fat and sugar. Going to a party? Bring a vegetable dish with you to ensure you have something healthy to munch on while attending.

Opt Out of Casseroles

Casseroles are the typical side dish found at every house during family feasts. Green bean, sweet potato, and creamy broccoli casseroles all sound healthy, but in reality they are loaded with heavy creams, butter, and even sugar. Bypass the casseroles in favor of healthier side items such as steamed green beans, baked sweet potatoes, or roasted broccoli.

Indulge!

Yes, that's right... you're allowed to have a treat! If you want to enjoy a dessert, or mashed potatoes smothered in gravy... go for it—just have a small portion, and then maybe skip on the dinner roll! Find balance by indulging a little here while passing on other items.

Establish a "Healthy Haven"

Although it may feel like it, holiday feasts and parties don't happen every day. It is important to make your home a place where you can stay in control and plan what you eat. Making good choices the majority of the time will help to keep your nutrition on track.



● DRINK ●

Beware of Hidden Calories in Your Holiday Beverages!

Pumpkin spice lattes, eggnog and alcoholic mixed beverages contain high amounts of fat and sugar which pack a surprising number of calories in even the smallest of servings. Instead, choose lighter drinks such as Americanos, wine spritzers, or adding soda water to your drink of choice. Better yet, avoid the alcohol altogether or switch out every other specialty drink with a couple of glasses of water. You'll stay hydrated, ward off water retention, and consume fewer empty calories.

○ BE ○ MERRY

Laugh about it

Hug it out

Hike your mood
with sunlight

Take a whiff of
citrus

Walk away from
worries

Do less, enjoy more

Stick to your daily
routine

Don't neglect what
cracks you up

Count your breaths

Read a favorite
book

Step outside

Forget perfection

Consider
abandoning old
customs

Savor a spicy meal

Turn up the tunes

Fit in exercise

Don't overschedule

Think positively

