



## Healthy Holidays Guide



Set yourself up for success this Holiday Season and start the New Year looking and feeling your best! It's easy to get caught up in all the parties, festivities, and Christmas COOKIES this time of year. Before you know it you've added 5 or 10 pounds to the number on the scale and your holiday cheer went from a :-)) to :-(( Just like with any successful goal you have to have a PLAN! Here are the top 5 Healthy Habits I've stuck to over the years to get me through the most fattening time of the year...

1) **YOU ARE SWEET ENOUGH!** No ADDED SUGAR needed. Let's get real about sugar for a minute. Do you have any idea how much sugar you actually consume in a day? The long term effects it has on your SKIN, physical, and mental HEALTH are astounding. That's why my number one tip is: Start reading labels and pay attention to how much SUGAR and ADDED SUGAR is in the food and beverages you consume. If you are consuming more than **20 grams** of added sugar a day it's probably too much. This usually comes from drinking soft drinks, fruit juices (especially the ones you put in your Vodka!), processed food, salad dressings, and desserts. If "high fructose corn syrup" is in the list of ingredients, **DON'T BUY IT!!!**

Here's how to cut out excess sugar during the Holidays:

- Replace candy with a homemade trail mix of fruit, nuts and a few dark chocolate chips.
- Choose marinades, nut butters, ketchup and marinara sauce with zero added sugars.
- Swap your morning cereal for a bowl of rolled oats topped with nut butter and fresh berries, or an omelet made with fresh greens.
- Instead of flour, try almond flour in your Christmas cookie/ cake recipes. It's packed with protein and very little carbs!
- Shop the perimeter of the grocery store, focusing on fresh, whole ingredients.



2) **SAVE THE SUGAR FOR YOUR FACE!** We know that consuming an excess amount of sugar is bad for your skin and can cause acne in a lot of cases. However, a sugar scrub can do wonders for brightening your face during the holidays! My favorite is the Microderm Abrasion Paste from Rodan + Fields. It's a sugar/salt scrub perfect for your face or to exfoliate your entire body! Slough away dead skin and bring more vibrant cells to the surface for brighter, smoother looking skin. But why is this so important?

When you exfoliate the body you are increasing the blood circulation and lymphatic system which is very beneficial for the body, this helps encourage new skin cells, breaks down fatty tissues, and breaks down and drains toxins from the skin. After exfoliating the skin is left beautifully soft ready to absorb a good moisturizer.

Exfoliation not only helps many skin problems, it also increases blood circulation, which in turn helps you to achieve healthy and glowing skin. If your skin is dry or dehydrated, you may find scaly or flakey areas which would benefit hugely from exfoliation. Once you have exfoliated an area of dry skin you can apply a moisturizer to the new skin cells.

<https://stephanierae.myrandf.com/Shop/Product/ENPS125>

### 3) **Sweat Everyday!**

Just 30 minutes a day is all it takes to get your heart rate up and your L-B's down! That's right, you gotta get up and move! But it's not enough to just go for a walk or settle in on the treadmill, you gotta SWEAT! You should be feeling the workout and "glistening" at least 5-10 minutes into starting your exercise. If you're not, you need to amp up the intensity! Plus adding exercise to your daily routine is the best way to beat holiday stress. Here are some workouts I LOVE:

- \* Bridge walk or incline on the treadmill. After a 5 minute brisk walking speed, start to raise the incline on the treadmill to 5. Keep going up one level every 2 minutes until you get to 10. Try to walk at incline of 10 for at least 10 minutes before you start to go back down.
- \* Circuit Training: pick 3-5 exercises like jumping jacks, lunges, squats, or push up (you can do them on your knees!) Do each one for 1 minute with a 30 sec. rest in between. Repeat the entire thing 3-5 times!
- \* Find an activity you love to do. For me it's riding my bike with my dogs and playing tennis. Need a new hobby? Ask a friend to join you in finding an activity you can do together; like yoga or a new class at the gym!

## 4) *Make a Plan*

The most important thing you can do to manage your holiday eating/drinking is to have a plan in place. If you know you're going to a party with lots of heavy apps (loaded with calories and sugar!) decide before hand what choices you're going to make. Here are some tips to help:

- \* If cheese is your favorite decide to have 2-3 of the cheesy things and skip the dessert!
- \* If sweets are your weakness, make sure to eat some protein and veggies and skip the carbs.
- \* Avoid the high sugar mixed drinks and stick to wine or vodka. Better yet, make your own spritzer by adding club soda or flavored sparkling water to your wine. This doesn't mean you can drink an entire bottle of wine though ;-). Stick to 2 glasses!

## 5) *Add a Fit Bit or Exercise watch to your Wishlist*

I was the biggest skeptic about counting steps and calories burned throughout the day. I work out 3-5 times a week and eat pretty healthy, so why do I need a watch to tell me how I'm doing? But when the number on the scale kept going up instead of staying where it was at I decided I need some help.

First I had to realize what had changed. I was used to being on my feet most of the day and staying active at work. However, I've switched to working from my home office and find myself behind a desk now at least 6 hours a day. I didn't realize that not taking those extra steps (literally) throughout the day would start to add up.

But they did. 5 pounds worth.

Now when my buns start to go numb from being in my comfy desk chair, I get a little nudge from my watch to remind me to get up and MOVE!

#technology

You don't have to spend hundreds of dollars or get the latest gadgets to keep track of your progress. There are some super affordable options on Amazon.

