



TIPS FOR THE HOLIDAYS



01.

Remember what matters

This is a time for family & friends. Focus on being mindful while enjoying these celebrations that come once a year.



02.

Bring your own food

Offer to bring a dish that will help you stick to the plan.



03.

Stay active

Keep moving! Plan a family outing, walk or take the kids out to get some fresh air!



04.

Do not skip meals

Eating every 3-4 hours will insure you meet your goals and prevent feeling over hungry later in the day.



05.

Plan your treat

Decide ahead of time how much. Overwhelmed by the number of options - consider taking a piece of each to make 1 portion.

