



HOLIDAY NEWSLETTER - December 2023



It's here! The holiday craze! The season when we most likely attend (or host) more social engagements than any other time during the year; when holiday goodies in the checkout aisle land in our cart by accident; when we eat and drink more calories than usual or when we put on that little black dress or suit and tie we've been waiting to don to impress, but find it's a little snug. No matter your holiday plans or concerns, let's dive in prepared, healthier and happier to maximize the fun that awaits. As we often talk about in our coaching sessions, and in the last few editions of our newsletters, all things are best in moderation, so here's a toast to your health. Positive vibes for all!

Healthy Holiday Eating Tips

- Eat regular meals - skipping meals can lead to overeating.
- Stay hydrated - drink lots of water.
- Eat a protein-packed snack an hour before your holiday meal.
- Your mantra: 'Eat the best, leave the rest'
- No guilt! Enjoy your favorite holiday dishes, in moderation.
- Fill up on salad and fresh vegetables first.
- Think color! Colorful food makes a festive looking plate!
- Eat mindfully and put your fork down between bites.
- Get active! 10 minute bursts of activity boost your metabolism!

you are only
ONE WORKOUT
away from a
GOOD MOOD

Energy balance rules all; there is no such thing as "starvation mode".

LINKS OF INTEREST

- ❖ [9 Tips to Fend off Holiday Stress \(Mayo Clinic\)](#)
- ❖ [5 Healthy Eating Tips for the Holidays \(Centers for Disease Control and Prevention\)](#)
- ❖ [12 Tips for Holiday Eating \(Harvard Medical School\)](#)

How to stay hydrated while drinking alcohol



Exercise is the spark. Nutrition is the fuel. Without both, there can be no flame – no results. Bill Phillips

Knowing is not enough, we must apply. Willing is not enough, we must do! Bruce Lee

Calorie surplus is your enemy, not carbs or fats. We don't always have to count calories, but calories always count. Stay tuned in the new year for more on this.

JUST FOR FUN!

[The Dreidel Song](#), By the Macabeats

[The Brian Setzer Orchestra Boogie Woogie Christmas](#)

Coach Wendy's Favorite Holiday Movies. What are yours?

- ❖ **White Christmas**
- ❖ **Holiday Inn**
- ❖ **A Christmas Carol**
- ❖ *(1938 original version)*
- ❖ **Bad Moms Christmas**

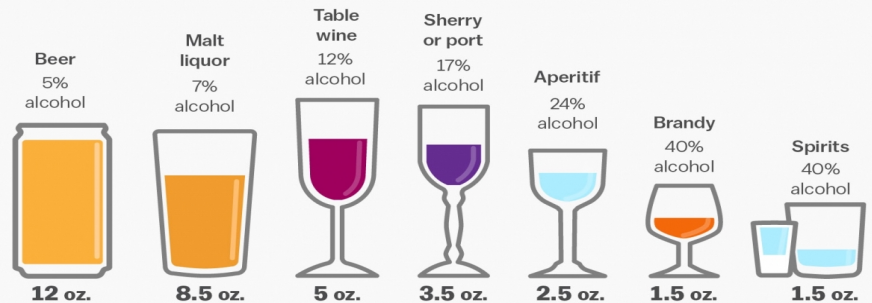
Eat Well. Move Daily. Hydrate often. Sleep lots. Love your body. Repeat for life.



ABOUT Coach Wendy: Educator. Motivator. Communicator. Client accountability-holder.

This is what one drink looks like

According to the Dietary Guidelines for Americans, moderate drinking is up to one drink per day for women and up to two drinks per day for men. A standard drink contains 14 grams of pure alcohol.



Measures are approximate, since different brands and beverages may vary in their actual alcohol content.



HOLIDAY SEASON SELF-CARE

- ◆ Give yourself the gift of ME time by staying true to your workout routines. Structure can be a saving grace. We are no good to others if we do not value and make time for ourselves.
- ◆ Exercise helps prevent holiday burnout by reducing stress, boosting energy, promoting better sleep, and strengthening physical resilience.
- ◆ Exercise helps us find balance between seasonal indulgence and maintaining our health.