

Holiday Nutrition Tips

It's inevitable that you'll be going to at least a few soirees this holiday season, whether it's the office holiday party, your neighbor's bash or your family's annual party. Here are a few tactics you can employ to keep your calories in check.



Work the Room

If you're planted next to the food table, you'll shovel chips and dip into your mouth all night; so stay far, far away. You won't eat mindlessly if you have to cross the room to get food or if you're chatting with others.

You should also be picky. Passed hors d'oeuvres are small, but they add up—fast.

To avoid eating 2,000 calories worth of cheese puffs, limit yourself to three that you love. Been waiting all year for bacon-wrapped scallops? Go for it.

But pass on the crab cakes and other fried fare.

Sip Smartly



With alcohol, the goal is to keep both your calories and your buzz under control.

Make Conscious Indulgences

If you're a dessert person and you know you won't be able to pass up that piece of cheesecake, don't deprive yourself. You'll just find yourself at the fridge at 2am with fork in hand. Instead, pass on the roll with butter at dinner and have a small piece of cheesecake. You'll enjoy it guilt-free and not feel like you're missing out.



Baking

If you're the baker in the family, you know there are many pitfalls when it comes to holiday baking. Baked goods aren't necessarily known to be health foods, and then there are the temptations while you're baking (cookie dough!). But don't let that derail you!



Sidestep Seasonal Sirens

An economic theory called the scarcity principle explains why we're such suckers for holiday treats. Decades of research show that items we perceive as being in limited supply seem more desirable to us than non-scarce items. Holiday-themed coffee drinks and sweets are often more caloric than regular ones, so it's safer to stick to the basics. Add your own cinnamon to your every day coffee or drizzle your own vanilla or peppermint extract.



Cut the Fat, Not the Taste

It wouldn't be the holidays without delicious treats like cookies, pies, cakes and brownies. But these tasty treats can be loaded with fat. There are clever ways to cut fat, while not sacrificing taste, when you're preparing the holiday goodies this season.



Holiday Fitness Tips

Reward Yourself

On days that you're active, reward yourself with a non-food item or activity that makes you feel good or make an activity reward savings jar – each time you work out, throw in a few dollars. After the holiday season, treat yourself to some new clothes or a concert for staying consistent.

Make A Goal To Do Something Active Each Day

It might not be your average workout, but try to get out and move for at least 30 minutes every day. Go for walks, play with the kids in the yard or turn on your favorite music and dance.

Limit Your Time In Front Of The TV

Rather than sitting in front of the TV when you have some free time, spend time with the ones you love by visiting them or giving them a call. You will not be influenced by the commercials that constantly market foods and you will get more time with your loved ones. For an added bonus – meet with them to do something active or walk around while you talk on the phone.

Stay Active When Traveling

Invest in a jump rope and some resistance bands. They are light weight, easy to pack and can give you a great workout. If at the airport, keep moving by walking around while waiting on your flight – you will have plenty of time to sit down while you're in the air.

Consider a Holiday Themed 5k

There are a variety of holiday season walks and runs that make staying active fun. Look up local 5ks or visit your nearest running specialty shop to ask about events in your area.

Have a Plan

Schedule your workouts and put them on your calendar. Make sure to treat them as a priority, just like meetings at work. You're far more likely to miss workouts when you do not have a specific time set aside for them.

Build a Fitness Posse

Including friends in your fitness routine can help immensely when it comes to sticking with your goals. Being social through fitness avenues such as running clubs or yoga dates helps to associate workouts with fun. Seeing others meet their goals will also give you more incentive to tread on.

Get Some Sleep

Lack of sleep increases hunger hormones, causes sugar cravings and aids in the accumulation of belly fat - which can be dangerous to your health. Even though Holidays are a busy time of the year, make sure that you are getting enough sleep. Turn off the electronics and go to bed early.

Try a Pedometer

Studies show that staying active throughout your day is substantial in weight maintenance and very important for long-term health. While logging an hour at the gym most days a week is helpful, make sure you don't spend the rest of your day seated. Using a pedometer will help hold you accountable to move more frequently.

Train Efficiently

If you're short on time, focus on strength training and high-intensity interval training (HIIT) to get the most out of your workouts. If you're unfamiliar with these, seek a fitness professional to ensure you are doing them safely and effectively.