Happy Healthy Holidays

Strategies to Survive the Holidays
Some people might say.....

“I’ll just wait until after the holidays... to get healthy”

Don’t get caught in the Holiday Trap
Something to Consider:

6 Healthy Meal Choices a Day

= 198/234 Meal Choices

(as of Nov. 22, 2018)
So what are we talking about...

Thanksgiving?
Christmas party?
Another Christmas party?
Christmas Eve?
Christmas?
New Years Eve?
New Years Day football?

Maybe 5-7 meals out of 234?
You have 4 Options

OPTION 1
Would you like benefits of staying on a structured healthy plan with support and have SUCCESS?

Feeling great and having more energy to go shopping and spend time with people
Continue losing weight so you look even better at your holiday gatherings
Experiencing little or no hunger & cravings (making it easier to deal with triggers)
Take the stress out of WHAT to eat
Stay in “FAT BURN”

OPTION 2
Would you like a compromise?

Stay on your nutrition plan except for the main holiday meals using healthy small meals for the rest of the day.
Aware with this option you will need to dedicate 2-4 days getting back into FAT BURN after the holiday meal – causing lower energy, hunger, cravings and slowing down desired weight loss.
Ask yourself: “Is it worth it?”
OPTION 3
Would you consider it a success to go into MAINTENANCE MODE?

Eating 6 times a day, choosing to offset less favorable choices
Continuing to be mindful of healthy choices
Controlling portion sizes
Not gaining weight during the season, instead of putting on the average 7 pounds.
Realize with this option you would not be experiencing the benefits of FAT BURN

OPTION 4
Return to old ways... No plan!

Well...
When what to my wondering eyes should appear...
but 10 extra pounds on Hips, Thighs, & Rear
So What CAN you DO to stay healthy through the Holiday Parties?

❖ Have a written action plan before you go.
❖ Know what you will do when a challenge comes.
❖ Don’t go hungry. Eat before you go.
❖ Instead of food, focus on friends and family.
❖ Enjoy yourself. Cherish every moment.
❖ Strut your stuff. Use the holidays as an opportunity to be a role model of healthier living.
Be the Example!
Serve Healthy Options
Don’t forget healthy snacks for you and the kids too!
Being Mindful With My Choices

Is eating this in my long-term best interest?
If I eat this now, how will I feel an hour from now? How will I feel tomorrow?
How will I feel a year from now if I continue to make decisions like this?
I already know what this tastes like, I am going to choose to not have it.

*You can have whatever you want but are you CHOOSING health?*

Prevent the Food Comas
Strategies and Tips

- Position yourself away from food
- Hold your water bottle in your dominant hand at all times
- Use the smallest plate available
- Eat slowly
- Don’t go back for seconds
- Choose a clean up job away from the food - such as washing the dishes.
- Freeze leftovers immediately
Tips to Stay Focused

- Plan ahead - don’t go hungry
- Take control - choose smaller plates, avoid family style dining
- Move before munching
- Make your cocktails “mocktails”
- Know what (if any) alcohol is best for your waistline
- Focus on family & friends - not food
A Few Extra tips to Stay Healthy

- Get extra sleep
- Exercise
- Stay organized
- Meditate and relax
- Self-care
We want you to ask yourself...

WHY AM I WAITING?

You could get started TODAY on your HEALTHY HABITS!
You could lose weight by the New Year!

Reach out to your OPTAVIA Coach
and let’s talk about your GOALS!
Let’s take the Focus off the FOOD!

INSTEAD...
Let’s put it on Friendship and Fellowship and especially the Spirit of the Season.