

## **Is it possible to have A *Healthy* Holiday Season?**

Yes, if you follow these simple tips

The Holiday Season is upon us. Before you know it you'll be partying up a scene, dipping into the dessert tray and making repeated trips to the adult beverage bar.

And before you know it...

Your pants will be tighter and you'll feel sluggish. On January 1<sup>st</sup> (or maybe the 2<sup>nd</sup>), you'll vow to lose weight. You'll set some overly strict New Year's Resolutions, all the while swearing not to do it again next year.

Yeah right!

### **Did you know...?**

The average person gains 5 pounds between October and December each year. No wonder your pants are too tight!

Don't be like everyone else. Have a happy AND healthy Holiday Season. You can do it with these 10 simple, yet effective tips.

### **How I help all my clients avoid the Post-Holiday Sluggish Body Blues.**

I give this tip sheet to each of my clients every year at this time. You can bet the last piece of Grandma's Homemade Pecan Pie they aren't gaining 5 pounds like everybody else!

So be like them and not everyone else. Follow these 10 tips for Healthy Holiday Season!

#### **1. Stay the Course!**

This is the tough one, so it's first.

Don't worry about those 10 (or more) extra pounds. Don't worry about losing weight. Concentrate on keeping what you got. Sample the bad foods, eat more vegetables, drink more water and move away from the food.

It's a long Holiday Season. Pace yourself and relax. Fretting over how much weight you have to lose will only add to your stress – and it's already stressful enough.

So just remind yourself that you are winning by not gaining. Stay the course. Once the Holidays are over, you can do something about those 10 extra pounds.

#### **2. It's the Big Picture!**

After all, it is the Holiday Season. Realize that for the next several weeks, parties are simply part of the deal. All those parties mean lots of extra food. Don't let one over-indulgence ruin it for you.

Simply do better next time. And you can do that by simply following the advice here.

3. **Huff-n-Puff**

As a fitness person, I couldn't resist this one and it took all of my effort not to make it the first tip. In all seriousness, it's important at this time.

You're running around, preparing food, looking for the right gift, stuck in traffic, trying not to be late for the next party and it's STRESSFUL. And when you're stressed, you're more likely to eat too much and drink too much. Not a good combination!

So get a little Huff-n-Puff in your day. Break a sweat. Get some exercise. It's good for at least two reasons. You won't be so stressed and you'll eat less. Sounds like two GREAT reasons to me.

Don't worry; you don't have to exercise for an hour or even go to the gym. A quick, 10-minute brisk walk will do the trick. You can even do that on your lunch break.

4. **The Pre-Party Snack!**

I hate using the word never but NEVER go to a party on an empty stomach. You'll eat everything in sight. So eat a healthy snack an hour or two beforehand and you'll be less likely to splurge.

Eat some fruit, raw vegetables, a handful of nuts or even some protein. You'll feel satisfied and the party tray won't be so tempting.

5. **Mapquest.com**

Every day (at least during the Holiday Season), figure out where you have to be and when you have to be there. And identify things that can trigger a splurge. Is it a work party where the booze will be flowing heavily? Or is it a family get-together where there are too many desserts?

If it's adult beverages, drink one glass of water for every drink. If it's too many desserts, stay away from the dessert tray. Out of sight, out of mind!

If all else fails, bring some gum. It's hard to eat cake or drink alcohol while chewing gum.

6. **Slow Down, Speedy!**

While all food falls on the goodness scale somewhere between Twinkies and broccoli, one Twinkie isn't going to kill you. Twenty might but one certainly won't.

So when filling your plate, put what you want on it just don't put too much. Eat slowly and taste the food. Hey, it's the Holiday Season, don't scarf it down, enjoy it. Drink a big glass of water while eating and when your food is gone, you're done. If you think you're still hungry, see if you can wait five minutes.

It takes a few minutes for your brain to realize your stomach is full. If you can wait five minutes, you might realize you're not as hungry as you thought.

**7. The Food that NEVER gets eaten!**

Do your best to bring some healthier dishes. If you're bringing vegetables, bring them raw or cook them as little as possible – they're healthier that way. Prepare food lightly – use healthy oils and use them sparingly.

Bring the leftovers home and eat them with lunch or dinner the next day.

**8. Follow the shooters...**

For every alcoholic beverage you consume, drink one glass of water. Alcohol contains calories and if it's mixed with soda, you get the added sugar calories. Not to mention the effects on your judgment.

So dilute the number of calories you consume with an extra glass of water and lessen the effects of alcohol.

**9. Enjoy the company.**

Although it seems food is the focus of most holiday parties, it's also a time to catch up with family and friends. Most of us only get to see family during the holidays, so celebrating is a natural extension. But focus more on the "time" and catching up – not the dessert table.

**10. Take a deep breath and relax.**

Find a quiet place, take two minutes and relax with a few deep breaths. In a busy place, the bathroom might be your best bet. Turn on half of the lights, turn on the faucet and relax. Listen to the water and take a few deep breaths.

**So there you have it!**

My sure-fire, 10 Tips for a Healthy Holiday Season! Read these everyday between now and the last party.

And I guarantee you won't be like everyone else. You'll feel better when January rolls around and your pants will fit better too.

Brian Sekula

**PS.** If you find yourself wanting to change the way you look and feel (now or after the Holiday Season), my proven system has delivered amazing results for all of my clients and will do the same for you. 100% Guaranteed! Call today for your FREE consultation.