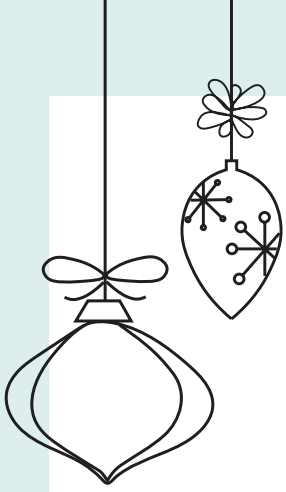


Holiday Thrive Guide

Tips on not just surviving the holidays, ❄️
but THRIVING! ❄️ ❄️





The crackle of the fireplace, the lazy mornings in slippers, the clanks of glasses followed by a joyful, “cheers!”

The holidays bring with them so much happiness.

Unfortunately, they can also stir up quite a bit of anxiety and temptation. That’s why we have created our survival guide - to help you have a fantastic season, while staying healthy.

Because, contrary to popular belief, you don’t have to eat every holiday cookie to have a good time. And in the same note, you don’t have to only eat broccoli the entire time to stay healthy.

We believe in balance. Our program was created to help you be aware of your choices, continue working hard and getting results, all while enjoying some of the yummy holiday treats and traditions.

Our guide is filled with tips to help you stay fit and feel fabulous during the chaos of the season, including insight on creating a healthy and happy lifestyle, decreasing stress while increasing confidence (hint: starts with boot, ends with camp), and strategies on dealing with loved ones who can’t seem to understand why you don’t want to have a third glass of eggnog.

Whether you skim it or study it, we hope it helps you enjoy your holidays with the confidence that YOU are in control of your health this holiday season!

As fall colors turn into snowflakes and blizzards, pumpkin spice everything turns into gingerbread and hot cocoa, the little kid in each of us knows “it’s the most wonderful time of the year.” The season of spending time with those you love and catching up with friends is finally here.

If you’re someone who is working hard to be mindful of nutrition, the idea of spending every weekend attending a holiday party, or perhaps having several holiday dinners, might conjure up a bit of anxiety...

How will I resist all the yummy treats?

Will I be able to host a holiday dinner for my family while still balancing my goals?

Will I be able to be in control of my food if I’m not preparing it?

What if my family doesn’t understand?

Anticipating these concerns, we’ve developed our Holiday Thrive (Survival) Guide. With a little bit of planning and a little bit of flexibility, we know after reading this you will have the skills you need to make this a happy, healthy and tasty holiday season.



Holiday Thrive Guide

The holidays are a busy time, so we want to keep things simple with recipes that fit your goals, while also pleasing the crowd. These are a few of our food hacks to make hosting or bringing a dish a breeze.

Cut out the extras. Remove added nuts and dried fruit from baking to significantly reduce the amount of calories, while still keeping the deliciousness. If you can't live without them in, use half the amount + chop up smaller than normal to stretch them.

Keep it creamy. Swap butter for lower fat cream cheese to achieve the creamy consistency in mashed potatoes. Try out different flavors like herb and garlic!

Play with proportions. For fruit crumbles, change the ratio of the fruit versus the oat/butter/sugar mixture. Recipes are often very heavy handed with the sugar, so reduce it by half and load up the dish with more fruit to let the natural sweetness shine through.

Cook items separately. Although stuffing and roasted vegetables cooked in the turkey are delicious, it also means it will absorb a lot of hidden fat. Your guests can always add gravy to their dishes at the table!

Add healthy options. Serve Greek yogurt based dips, rather than the usual cheesy ones, with a colorful selection of veggies, alongside the usual cracker spread.

Ditch the casseroles. "Casserole" is code for covered in fat and creamy sauces. Try fresher cooking methods instead. An easy example: hold the fried onions and bechamel and dress your green beans with sauteed onions and a light sprinkle of fresh parmesan.

BONUS TIP: Cut your dessert squares and pies into smaller portions. If you usually get 8 slices from a pie, cut 12.



With larger family gatherings, it's safe to assume there will be a few questions, curiosities, or maybe even some not so nice comments about being mindful of what's going on your plate.

Some of this comes from a genuine place of wondering what you're doing to look so svelte in your holiday sweater, but how do you respond to pressure and criticism?

The most important thing here is to realize that all of your efforts to take control of your nutrition and wellness are for YOU. There is absolutely no reason for you to feel as if what you are doing is silly, an inconvenience or "taking it too far." You deserve to feel safe and secure knowing that you are focused on taking care of yourself!

Here are some easy tips to handle your responses, as well as some of the emotion that may come along with family dinners and holiday get togethers:

Go in with a positive mindset. It's easy to let anxiety overshadow the positive possibilities of seeing all your loved ones. It's exhausting if you have already decided that it's going to be a stressful time and that everyone is going to be critical of you. Try to be patient and allow room for curiosity. Being open to sharing a bit about what you're working on could be an opportunity for valuable conversations.

Have a strong support system. Reach out to supportive friends or family members to help remind you of how amazing you're doing and that you have the skills to make it through any event. It can feel isolating when you're feeling like the odd one out at family gatherings, so getting in touch with someone who is facing the same challenges, or just a good friend who has your back, can be truly affirming.

Work on some non-confrontational comebacks. We realize that, unfortunately, there will be some relatives that just want to push your buttons. You can't be responsible for their reactions to your lifestyle, but you can choose how you respond. Something quick and polite like, "Right now I have specific goals I'm working towards and this is one tool that I'm using to achieve them" or "I appreciate your concern, but I'm actually really happy with the way I'm eating." By flipping the tone into something positive, rather than responding defensively, shows them that they can't drag you down! I bet they will be impressed.

Go in with a plan. Whether you decided to pack your scale or eat mindfully, developing a plan beforehand allows you to stay focused, despite peer pressure. Remember that this is a choice you're making to invest in your goals and your health and nobody can take that away from you.

At the end of the day, it comes down to owning your truth and giving yourself permission to focus on your priorities. The holidays give you a chance to spend time with your loved ones, but, remember, that includes giving yourself attention and care too! Once you have created your plan, stick to it! If you decide to only have a taste of dessert, treat that like an unbreakable promise to yourself that can't be changed last minute (regardless of how delicious the pecan pie smells).

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Mindful Eating

To scale or not to scale. Not everyone will feel comfortable bringing out a scale at the dinner table, but don't discount how accurate estimation can be. Avoid the all or nothing mentality, "If I'm not perfect I may as well give up." Remember, going over a little is very different than going over a lot.

Know your portions. Take time to practice estimating before you weigh your food at home and make note of what cooked portions look like, especially for meat. You'd be surprised at how accurate you can be! You can use your hand as a reference as well when guesstimating measurements.

Log your food. Whether you use a pen and paper or your phone's note pad is up to you, but tracking everything you eat is often extremely helpful for people trying to create healthy habits. Quickly jot down everything on your plate before enjoying, then take a few minutes to reflect on your meals either at the end of each day or at the end of each week. You can even take note of how you felt throughout the day. You will begin to notice what foods and how much food makes you feel your best and what things to avoid.

Cheat meal. It's absolutely necessary to not only refeed your body, but also your mind. Simply put, do not skip a weekly cheat meal (the best news yet, right?!). Not only does it allow you to indulge in your favorite foods, but it actually gives your metabolism a little jump start each week.

Sometimes it is best to plan your cheat meal in conjunction with any social gatherings or nights out so you can enjoy yourself with no restrictions, especially if you will be tempted to choose anyhow. That way you won't end up splurging throughout the week and having 2-3 cheat meals!

Don't arrive hungry. Although we encourage you to save up your carbs and fats for the big holiday meal, a common mistake is showing up famished. Save your carbs and fats, but have a high protein, high volume meal right before you leave so you are able to load your plate wisely.

Load up on your usual choices. Your first round of food should be the same approach as your normal meals: lean protein, lots of veggies, and a complex carb source. After you build a balanced plate add in some of your holiday favorites, like a small serving of stuffing. If you're more of a dessert person then save room for the next course.

Mindful Eating

Set boundaries for booze. To get the maximum benefit from eating healthy, we recommend that you do not drink at all. The body processes alcohol different than other macronutrients and can be a significant hindrance to fat loss. If you are going to consume alcohol, keep it minimal. Clear liquor is best, no added sugary mixers (but still not great).

THE NUMBER OF CALORIES IN EVERY ALCOHOLIC DRINK

MOST DRINK MENUS DON'T COME WITH CALORIE COUNTS. BUT THIS ONE DOES: CHECK OUT THE AVERAGE NUMBER OF CALORIES* IN JUST ABOUT ANYTHING YOU CAN FIND BEHIND A BAR, ARRANGED FROM LEAST TO MOST CALORIES PER SERVING:

 CHAMPAGNE 5 FL OZ 96 CAL. 12.5% ABV	 VODKA (SMALL UNOPENED BOTTLE) 1.5 FL OZ 96 CAL. 40% ABV	 GIN 1.5 FL OZ 96 CAL. 40% ABV
 RUM 1.5 FL OZ 97 CAL. 40% ABV	 TEQUILA 1.5 FL OZ 104 CAL. 40% ABV	 SCOTCH 1.5 FL OZ 105 CAL. 40% ABV
 WHISKEY 1.5 FL OZ 105 CAL. 40% ABV	 CINNAMON WHISKEY 1.5 FL OZ 108 CAL. 33% ABV	 LIGHT BEER 12 OZ (1 CAN) 110 CAL. 4.2% ABV
 BRANDY 1.5 FL OZ 115 CAL. 40% ABV	 WHITE WINE 5 FL OZ 121 CAL. 12.5% ABV	 RED WINE 5 FL OZ 125 CAL. 14% ABV
 COFFEE LIQUEUR 1.5 FL OZ 137 CAL. 20% ABV	 BEER 12 OZ (1 CAN) 145 CAL. 5% ABV	 HARD CIDER 12 OZ 150 CAL. 5% ABV

COCKTAILS*:

 VODKA SODA 8 FL OZ 96 CAL.	 GIN AND TONIC 8 FL OZ 161 CAL.	 MOJITO 3.5 FL OZ 169 CAL.
 RUM AND COKE 8 FL OZ 173 CAL.	 SANGRIA 5 FL OZ 175 CAL.	 MANHATTAN 3.5 FL OZ 200 CAL.
 *-CoSmOpOliTaN-* 3.5 FL OZ 211 CAL.	 MARTINI 3.5 FL OZ 215 CAL.	 DAQUIRI 3.5 FL OZ 229 CAL.
 WHISKEY SOUR 3.5 FL OZ 240 CAL.	 PIÑA COLADA 3.5 FL OZ 242 CAL.	 MARGARITA 3.5 FL OZ 254 CAL.

Treat Yo'self. Whether it's pumpkin pie, extra mulled wine or casserole, choose one food that you only enjoy this time of year to indulge in. Don't waste calories on food that you eat all the time, or food that you don't LOVE.

Remember, one slightly more indulgent meal won't make or break your progress as long as you're not using it as a reason to over do it. You have a good understanding of where the line between being a bit looser and having a blowout is. Take this as an opportunity to show yourself just how much you've learned.

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The holidays are a time to hang out and reconnect with loved ones, which sometimes means hanging out with your aunt's famous honey ham, or having your family friend swing by with cookies that bring you back to your childhood.

We know that holiday parties and gatherings bring options that may not fall within your nutritional goals, but that doesn't mean you shouldn't enjoy some treats here and there! We have included the following list of items that you may encounter this season as well as the meal type to give you an idea of where they fall within your daily nutrition.

Although it's impossible to know the exact nutrition facts of some dishes if you didn't prepare them yourself, we pulled together approximate nutrition facts for some of your holiday favorites. Use them as a way to quickly see which treats you can work into your day and which ones should maybe be saved for tomorrow or skipped all together!

Holiday Cheat Sheet

	Type	Women	Men
Veggie Dip	fat	2 Tbsp	3 Tbsp
Cheese Ball	fat	1 Tbsp	2 Tbsp
Crackers	starch	5	6
Salmon Spread	protein/fat	2 Tbsp	3 Tbsp
Pigs in a Blanket	protein/starch	3	5
Spinach Artichoke Dip	veggie/fat	1 Tbsp	2 Tbsp
Green Bean Casserole	veggie/starch	1/2 cup	3/4 cup
Cranberry Brie Bites	fat/fruit	2 bites	3 bites
Bacon Wrapped Brussels Sprouts	veggie/fat	2	4
Deviled Eggs	protein/fat	2 halves	3 halves



Holiday Food Swaps

Instead of

White potatoes

Mashed potatoes

Candied sweet potatoes

Canned cranberry sauce

Pecan pie

Cheese & cracker appetizer

Roasted nuts & trail mix

Beer

Regular stuffing

Butter or oil for basting

Cream of mushrooms or celery soups
for casserole

Green bean casserole

Apple Pie

Eat this

Yams with the skin on

Half white potatoes with half
pureed cauliflower

Roasted butternut squash

Cranberry chutney

Pumpkin pie

Cut up veggies, hummus & red
pepper dip

Raw almonds, pumpkin seeds,
walnuts & pecans

Dry red or white wine

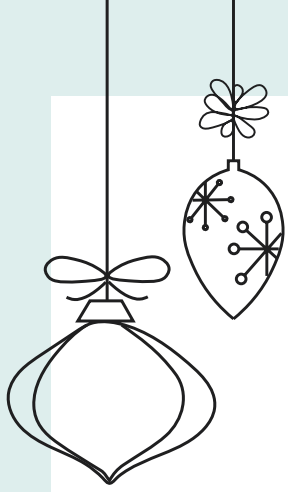
Whole grain stuffing

Low sodium vegetable broth
mixed with white wine

Plain greek yogurt with sauteed
celery or mushrooms

Sauteed green beans

Apple crumble



Fat Oil Substi

Instead of

1 cup butter in baking

8 oz cream cheese

1 cup creme fraiche

1 cup heavy cream (in recipes, not for whipping)

1 cup sour cream

1 cup fat for sauteing

1 egg

1 cup oil or fat for basting

Use this

3/4 cup applesauce + 1/4 cup butter

8 oz plain greek yogurt

1 cup yogurt cheese made from low fat or nonfat yogurt

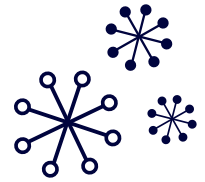
2 tsp cornstarch or 1 Tbsp flour whisked into 1 cup nonfat milk

1 cup cottage cheese + 2 Tbsp skim milk + 1 Tbsp lemon juice

4 cups low fat stock, fruit juice, or wine & saute until liquid evaporates

2 egg whites

1 cup fruit juice or low fat stock



Simplify

We understand how busy life can get and how much better it can be to keep things as simple as possible.

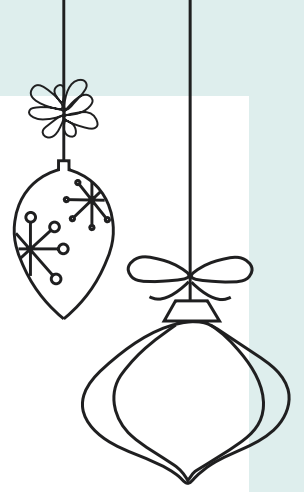
The most important thing to do is ALWAYS be conscious of what you're putting into your mouth and to fuel your mind + body with intention.

Food can be broken down into a couple main categories: proteins, veggies, oils/fats, starches, and fruit. Be cautious of what and how much you are intaking at each meal. We want to make sure you are fueling your body with healthy whole foods, and not over or UNDER eating. If you need help, reach out, we are here for you.

The simplest way to eat is to choose 2 proteins, 2 veggies, and whichever fats you would like for the week. Go through and count how many meals and what amount you need, then you can prep your food in bulk.

Example: You may choose lean turkey and chicken as protein, broccoli and cucumber as veggies, and cooking oils and eggs as fats. Make your food, measure it out, and put in containers. Throughout the week, grab your containers, pack, and go! For dinners, it is nice to mix things up find some yummy + healthy recipes you'd like to try Some people tend to have more time to cook at dinnertime - take advantage of this!

FIND WHAT WORKS FOR YOU! For some, simplifying is the best because you are never home, travel for work, or whatever the case may be. For others, if you have the time, try out some more intensive healthy recipes, even if you aren't sure you will like them. We have a feeling you will be pleasantly surprised as to how much you (and your kids if you have them) enjoy eating meals that nourish your bodies!



Gather Be Grateful Remember These Tips

for your next holiday get together

Before

1. Don't arrive at your holiday gathering on an empty stomach! Although you may be tempted to skip lunch so you can splurge on dessert, don't! Eat breakfast or snacks earlier in the day and avoid the idea of saving carbs for the big feast later on. If you skip meals, it may be harder to manage your blood sugar. Eat breakfast and a protein-packed lunch before the big feast. If you starve yourself during the day, you could wind up SO hungry that by the time you sit down at the dinner table, you eat WAY too much food.
2. Ask if you can make a side dish - make it a tasty, guilt-free dish so you will have at least one thing to splurge on. Veggie dishes don't have to be boring! There are many recipes that are tasty and easy-to-make, while being waistline-friendly that guests will still love to eat.
3. Burn calories! The more calories you burn with activity, the more food you can consume without feeling terrible about it. Do not skip your workouts leading up to the feast or on the day of. Make time to exercise and raise your heart rate, your metabolism will thank you for it.

During

1. Avoid eating too many snacks by not sitting within arm's reach of tempting snack foods and limiting yourself to just a couple lighter hors d'oeuvres such as veggies and dip or a handful of nuts. Save yourself for the main meal!
2. If you are going to have alcoholic beverages, limit the amount and have it with food (alcohol provides many calories and virtually no nutrients), then everything else you drink should be calorie-free such as tea or sparkling water instead of pop, mixed drinks, or juices. Drink a ton of water to avoid the dehydration that comes along with drinking or eating too much.
3. Use a salad plate instead of a regular dinner plate. If your plate is smaller, you will not have as much room on it and won't overload it with too much of the stuff you shouldn't have a lot of. Also, this helps trick your eye; no one likes to see half of their plate empty.
4. Go for lean, white turkey meat to get the most bang for your calorie-buck. Dark meat has about 15% more calories and 30-40% more fat than light meat. If you prefer dark meat, then at least take off the skin since that is where most of the fat (added calories) is.
5. Limit the number of servings of starchy foods on your plate during your holiday feast. It might be tempting to have some mashed potatoes, sweet potato casserole and rolls; however, try to choose just one of these items. Or just take a few spoonfuls or bites of each.
6. Start with the protein of your choice, then work to the vegetables. Leave the starchy carbs until the end. The protein will help slow the breakdown of the starchy carbs, plus all that chewing will make you feel full before you get to the starch.
7. Pause and take some breathes. After you finish each dish on your plate, put your fork down. Take a couple of slow deep breaths. Enjoy what you've previously eaten before starting on the next dish. The deep breaths don't have to be obvious. Taking pause and some deep breaths also will aid digestion.
8. Keep your goal in mind! Although you may only overindulge a couple times over the holidays - a little plus a little plus a little adds up to a whole lot. Remind yourself why you are choosing to lose weight and keep that goal in the forefront of your mind.

After

1. After your holiday meal, take a walk with family and friends. Any type of exercise will get you moving, keep you focused on your goals, and give you a welcome break from being surrounded by treats. Exercise is also a great way to lower your blood sugar levels and stress.
2. If you overindulge, don't beat yourself up. If you eat more carbs or food than you planned for, don't think you have failed, just make a plan to get back on track the next day.
3. Rub your belly. Seriously. Stretch back in your seat and rub your stomach 10 times clockwise and 10 times counterclockwise, it will aid in digestion, bloating, and gas after eating (plus get a few chuckles out of loved ones).



We hope you walk away from reading this survival guide feeling assured and confident that you're set up for success this holiday season. One of the biggest lessons is that **it's okay to not be perfect**. Finding the right balance between sharing special moments and focusing on your goals is important, so don't be hard on yourself. Allow yourself to embrace being flexible with your food and know that these are a few meals out of an otherwise consistent year!

Find the right balance between sharing special moments focusing on your goals

If you have any questions throughout our program, you have plenty of people willing and eager to help you, so please ask one of our team members at the gym, or shoot us an email. **Now let's crush some goals!!**

