

Healthy Living

through the holidays!

The key is strategic planning, NOT
avoiding your favorite foods!



Don't Skip Meals!

- Don't show up hungry!
- Be sure NOT to skip meals leading up to the party
- You'll be more likely to overindulge due to hunger!



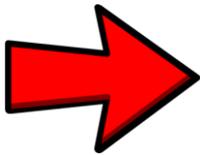
Grab a Plate!

- Use a plate so you know exactly how much you're eating
- Check out all of the food options first!
- Try not to hang out near the food area to avoid grazing



Focus on the Finer Things

- Make the highlight of parties & social gatherings about the people, not the food involved
- Set the goal of becoming more engaged in the conversations & relationships than the food
- Avoid the trap of making decisions off of the saying, "this type of food only comes once a year".



Are you ready for a ~~New Year's Resolution~~ **December Resolution**?!

- This isn't a "fix" or "cleanse".
- This is me providing you with everything you need to know to **confidently** meet those goals!
- This is me cheering you on as you grab your life by the horns and **really rock it out**.
- This is me telling you what has worked for me and my client's **long term**.
- This is only research based recommendations, organized in a timely manner from a **Licensed Dietitian Nutritionist**.

"It's not a diet plan. It's not a fad. No magic potions, no special procedures!"



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