



Holiday Strategies for Weight Loss



Christmas is almost here and that means a lot of holiday get-togethers...candy at the office, more lunches and dinners out, more traveling for some, vacations and, of course, more stress than normal. Remember, the average weight gain over the Holiday season is 7-10 pounds!

Won't it be great to fall below the average?

There are *a few important things* to remember while you are on plan...

1. Make sure you eat all 5 fuelings and your Lean & Green every day...
2. Stay away from fruit (it's high glycemic)...
3. Resist beer or wine!!
4. Peanut butter and cheese are full of fat calories!!
5. While Popcorn is healthy, it is full of carbohydrates and will kick you out of your fat burning state.

Here are *some strategies* to help you get through this tempting time...

1. Seek Support! Through your family, Health Coach (That's Me!), and SUPPORT CALLS...
2. Maintain your program as closely as you can...5 & 1, transition, or maintenance
3. Ask for sparkling water and lime instead of beer or wine
4. If there is a special holiday food that you will feel deprived of if you don't have it, take one or two bites-just a taste and you will be surprised how satisfying it is.
5. Eat more of the salads and green veggies at a dinner party and make the meat a "side dish"
6. Serve meals buffet-style. Keep pots and dishes away from the table where it's all too easy to go for seconds!
7. Learn to "eyeball" the proper serving size that is right for you and stick to them when dining out or dishing up meals.
8. Eat healthy fast foods...OPTAVIA!! Don't leave home without them!
9. Physical activity is a good way to burn calories and it makes you feel great before going to a party. And remember to have a fueling on your way out the door!
10. Have Fun!!!! Become great at mingling... Being with friends and family is more important than the food!! Become the life of the party!!!



Your Holiday Decision

Structural Tension

Today's Date: _____

YOUR VISION/GOAL → What we want to accomplish/create – end result desired

Choose Option: ① 100% 5&1 ② 5&1 + Holiday Meals ③ Maintain

Weight: _____

Energy Level: _____

Satisfaction: _____

ACTION STEPS TO BE TAKEN TO ACCOMPLISH

The choices you will make to create what you want!

- | |
|---|
| 10. |
| 9. |
| 8. |
| 7. |
| 6. |
| 5. |
| 4. |
| 3. |
| 2. Drink water (50% of my body weight = # of ounces of water) |
| 1. Eat every 2-3 hours |



CURRENT

Weight: _____

Energy Level: _____

Satisfaction: _____

My Plan of Action for Surviving This Event

Event/Holiday Celebration:

Date and Time:

My Goal For this Event:

Other Specific Personal Goals:

1. _____

2. _____

3. _____

Identify possible triggers that you might encounter at this event:

1. _____

2. _____

3. _____

Identify a healthy strategy to manage the triggers from above:

1. _____

2. _____

3. _____
