



HEALTHY *Holiday* HANDBOOK

HEALTHY HOLIDAY TIPS:

Stress Relieving Tips: 2
Money Saving Tips: 2
Sleep Health Tips: 3
Screen Time Tips: 3
Nutrition Tips: 4
Healthy Swaps: 4-5
Exercise Tips: 5
Workouts: 6

Being Mindful During the Holiday Season

What is mindfulness? Practicing mindfulness is focusing our attention on the present moment and letting go of the past and not worrying about the future. By practicing mindfulness we might experience improvements in wellbeing, physical health, mental health, relationship satisfaction, and focus.

Ways to practice mindfulness during the holiday season-

1. Find a quiet place and try deep breathing exercises for a few minutes. Focus on your breath and your body. Feel your breath move throughout your body. Let the thoughts in your mind flow in, acknowledge that you had that thought, then let it flow out of your mind.
2. Make a gratitude journal or list. Take a few moments each day to write down 2-3 things you were grateful for that day. This is a wonderful activity for the holiday season.
3. Appreciate the joy in your life. The next time you find yourself joyful, pause and soak it in!

Stress Relieving Tips

Stress is synonymous with the holiday season, but it doesn't have to be. As we all know, stress can make us dread even the simplest tasks. What kind of way is that to live during a time that should be spent enjoying what we have and giving to others? During stressful times in your life, it is a good idea to set aside even a couple minutes each day for you to decompress by doing something you enjoy. There are many ways to reduce stress. The next time you are feeling stressed come back to this list and give one of these tips a try.

1. Forget perfection, focus on the reason for the season.
2. Get organized by delegating tasks to friends, family, or coworkers who are willing to help.
3. Prioritize your list and remove items that aren't realistic.
4. Say "no." Don't overload your schedule with lots of events, shopping, and cooking.
5. It's ok to ask for help with tasks on your To Do List. Asking for help can make a task more enjoyable. Asking your family to help bake holiday treats or prepare the holiday meal can make the task seem more enjoyable.
6. Make time to move. Exercise releases endorphins, your happy hormones.
7. Laugh! Watch a funny video or read a funny story, it's hard to feel stressed while laughing.
8. Practice mindfulness using one of the techniques mentioned above.

Money Saving Tips

'Tis the season of giving and receiving. Give these tips a try to save money and stay on budget.

1. Make a list of who you need to buy a gift for and budget for each gift. Stick to your budget while you are shopping.
2. Suggest a secret santa gift exchange for family or friends so you only buy a gift for one person instead of multiple.
3. Shop around for the best prices and ask stores if they will price match a competitor price.
4. Be leery of Black Friday & Cyber Monday. The deals might seem too good to pass up, but you will likely see the price lower during a normal sale event.
5. Don't procrastinate on buying gifts. You could miss out on sales or panic and purchase gifts outside of your set budget.
6. Take inventory of the gift wrapping supplies you already have before heading to the store to purchase more.
7. Simplify everything- decorations, gifts, and meals. Repurposing current decorations in a new place can give your house a new feel. Simplify gift wrapping buy using brown bags and decorating them with paint, markers or ribbon. Meals can be made delicious and feel indulgent by using spices and seasonings you already have at home.



Sleep Health Tips

Getting at least 7 hours of sleep each night balances hormones that regulate hunger, cravings, and fullness. A recent study concluded that getting less than 7 hours of sleep each night lead to consuming an extra 385 calories the next day. Use the tips below help yourself 7-9 hours of sleep each night.

1. Maintain a regular wake and bedtime routine everyday, even weekends. This will help your body anticipate sleep and make it easier to fall asleep naturally.
2. Keep TV/electronics/work materials out of the bedroom and turn off screens 1-2 hours before bed.
3. Write down any thoughts you have going through your mind before going to bed. Tell yourself that these thoughts are now committed to paper and you don't need to keep thinking about them.
4. Finish eating at least 2-3 hours before your regular bedtime.
5. Eat more fruits, vegetables, and whole grains and less red meat to combat insomnia.
6. Try the 4-7-8 meditative breathing technique.
7. Breathe in through your nose for 4 seconds, hold your breath for 7 seconds, exhale for 8 seconds.



Screen Time Tips

Screens have taken over how we communicate, learn, and work. Some screen time is necessary and can't be avoided, but there are times when we can say "no" to the screen and live in the present moment. Try some of these tips to eliminate unnecessary screen time, enjoy what you have around you, reduce stress and eliminate mindless eating.

1. Eat at the table instead of in front of the couch and turn on music instead of the TV or your phone for background noise and dinner entertainment.
2. Make an effort, at work or home, to put away or turn off all screens while eating, including your computer workstation.
 - a. Turning off screens will encourage mindful eating and give you an opportunity to connect more with those around you.
3. Turn the TV off to limit snacking. Food ads on TV tempt us to mindlessly snack while watching.
4. Only turn on the TV for specific shows.
5. Take a phone break to relieve stress. People who receive constant notifications from technology report higher stress and heart rates.
 - a. Turn off notifications, only keep the notifications you really want to receive.

Nutrition Tips

With food being front and center at holiday celebrations it is easy to see how weight gain seems to come effortlessly during this time of year. Here are some tips to navigate your nutrition from Thanksgiving to New Year's.

AT PARTIES

1. Have a snack before you head to a holiday get together. You will be less likely overeat if you aren't overly hungry.
2. Review your food options before making your final choices. This can avoid a large pile of food on your plate that you originally would not have wanted to eat.
3. Bring a dish you know is healthy.
4. Avoid drinking your calories in sugary or alcoholic drinks.
5. Have a mint when you are done eating to freshen you breath, suppress your appetite and deter you from going back for unnecessary seconds.

AT HOME

1. Share your baked treats with loved ones and neighbors.
2. Freeze half of your baked treats to eat at a different time.
3. Have healthy grab and go meals or snacks available for the times when you are too busy to prepare a healthy meal for yourself or family.

Healthy Swaps

Swap this for that to cut calories or add nutrition to these common holiday dishes.

1. Drink spritzers to cut down on alcohol calories.
2. Try sweet potatoes with a sprinkle of cinnamon, brown sugar, and pecans instead of sweet potato casserole.
3. Use hummus as a dip for veggies and crackers instead of a cream cheese based dip.
4. A hearty wild rice side dish can give you all the flavors of stuffing with out the extra calories.
5. For extra nutrition, add root vegetables, like carrots or parsnips, or shaved brussels sprouts to your potato pancakes.
6. A white wine reduction sauce instead of gravy with roux can cut out unwanted fat.
7. Almond milk or veggie stock make a low calorie replacement for milk and butter in mashed potatoes.
8. Fruit crisps in place of fruit pies will save you calories and preparation time.
9. Whole grain rolls and olive oil provide more nutrition than white rolls and butter
10. Whole grain challah bread will give you more fiber than the traditional version.
11. Use/make no sugar added applesauce to cut out excess added sugars in your diet.



Healthy Baking Swaps

Swap this for that to cut calories or add more nutrition to your favorite holiday desserts.

1. 1 cup of butter/margarine/shortening = 1/2 cup fat + 1/2 cup applesauce OR yogurt.
2. Buttermilk = plain yogurt
3. Chocolate (milk/white) = chocolate (dark)
4. Heavy cream = evaporated milk
5. Cream cheese = low fat cream cheese OR pureed cottage cheese
6. 1 egg = 2 egg whites
7. 1 egg = 1 tbsp ground flaxseed + 2 1/2 tbsp water (muffins, quick breads, cookies, pancakes, brownies)
8. Flour = 1/2 flour + 1/2 whole-wheat flour
9. Frosting = pureed fruit
10. Sour cream = greek yogurt
11. White or brown sugar = half of called for sugar in cookie and cake recipes
12. White sugar = coconut sugar
13. Peanut butter = natural peanut butter



Exercise Tips

Making time in your schedule for exercise can be daunting, especially if you haven't discovered a form of exercise that you enjoy. We hope with these tips finding time to move won't feel like a chore.

1. Find a form of exercise you enjoy. If you don't enjoy your exercise you will be less likely to do it. Find something you like and stick to it!
2. Schedule your exercise to give yourself accountability.
3. If you have a current workout routine, keep up with it while you can. But it's ok to loosen the reins a little if you are stretched for time.
4. Split up your exercise into 3, 10 minute bouts. This can help make exercise less daunting and it is beneficial for your metabolism!
5. Use your previously scheduled chores as exercise. Cleaning the house, raking leaves, and shoveling snow are great forms of exercise.
6. Organize an after dinner walk with family members and friends. You can do this in the weeks and days leading up to your holiday celebration or on the day of. Bonus, walking helps with digestion!

Workout Resources

We have many workout resources for you to help you decide what type of workout is best for you. Visit the resources below to view our library of videos or to register for an upcoming group fitness class on Zoom. Or check out the workouts below designed with the holidays in mind!

VIDEO LIBRARIES

[AdvantageHealth YouTube](#)

[AdvantageStart](#)

[Fitness at SPS Tower Facebook Video Classes](#)

[Register for Zoom classes](#)

HOLIDAY WORKOUTS

- [Planksgiving Workout](#)
- [EMOM Workout](#) (every minute on the minute)
- AMRAP Workout (as many rounds as possible)
 - Complete the following exercises for 10 minutes
 - 40 high knees
 - 30 jump ropes
 - 20 lunges
 - 10 push ups
- Rounds for Time Workout
 - How long will it take you to complete 5 rounds of...
 - 10 burpees
 - 10 squats
 - 10 tricep dips
 - 10 curtsy lunges (each leg)
- Naughty or Nice Workout
 - Naughty Workout (4 rounds)
 - 10 squat jumps
 - 10 push ups with alt arm raise
 - 10 hip presses off chair, stair, couch, or coffee table
 - 10 reverse snow angels
 - Nice Workout (4 rounds)
 - 10 squats
 - 10 push ups
 - 10 hip presses
 - 10 wall presses

