

# Everyday Healthy SERIES



## Keeping Fit and Healthy over the Holidays – Jackie McLarnon

Set SMART goals to get you through the holidays in relation to your fitness routine and your nutrition.

Specific, Measureable, Achievable/Adjustable, Realistic, Time-based.

Plan your workouts in advance. Mark them into your daytimer or on your calendar. Make them as important as a doctor's appointment.

Use the 90/10 rule (or 80/20). If you follow your plan most of the time, you are allowed a 'cheat' day.

If you 'fall off the wagon' get right back on track. You should not be too hard on yourself if you have a bad day. Refuse to let it keep you down. You are only human. (Remember – alcohol has 7 calories per gram)

Keep to your regular, healthy eating pattern. Don't skip meals in anticipation of a huge feast. You need regular meals and snacks to keep the fire burning.

If you want to enjoy the seasonal treats, go ahead. Just keep the portions to a minimum and make sure you are still getting your proper nutrition.

Stick to your standards and don't let others tempt you. If you are offered a second dessert be firm and say "No thank you – it was wonderful but I am full." And *mean* it.

Look for the healthier snacks at a buffet – low fat salads, raw vegetables, whole grain bread, fish, fresh fruit etc.

Drink lots of water – at least 6-8 glasses per day. Keep caffeine to a minimum.

Wash your hands often – this is the time of year that cold and flu bugs are rampant.

Book some 'down' time. Set aside time to read a book, listen to music, do yoga or stretching or have a long, relaxing bubble bath.

**Enjoy the Holidays!!!**