

Healthy Holiday Survival Guide

The holidays are for joy, family, and good food – not for feeling run-down, bloated, or guilty in January. You don't have to say "no" to everything to stay healthy. Small, smart choices let you enjoy the season AND prepare you for the new year. Here are a few simple habits protect your blood sugar, energy, sleep, and immune system. (Even with your favorite holiday treats on the table.)

Before The Party: Set Yourself Up For Success

- **Eat a protein-rich meal or snack before you go.** Eating 30+ grams of protein (like eggs, chicken, or Greek yogurt) stabilizes your blood sugar and reduces cravings.
- **Take a 10-minute walk in daylight earlier in the day.** Morning or midday sunlight sets your circadian rhythm so you sleep better that night.
- **Plan your sleep schedule.** If you know you'll be up late, try to get extra sleep the night before. Even 30 extra minutes helps your body better handle the stress of a late night.

At The Event: Make Smart Choices

- **Use the plate method.** Fill half your plate with vegetables first, one quarter with protein, and one quarter with everything else. You can always get seconds of what you really love.
- **Choose your indulgences wisely.** Ask yourself: "Is this worth it?" Skip the store-bought cookies you can have anytime. Opt for the special family recipe.
- **Dessert hack:** Have a small portion AFTER you're already satisfied from protein and veggies. You'll naturally want less.
- **One drink rule:** For every alcoholic drink, have one big glass of water. Add electrolytes (a pinch of salt or packet) for extra support.

Sleep & Recovery (The Secret Weapon)

- **Prioritize 7-8 hours of sleep.** Poor sleep increases sugar cravings and makes it harder to make healthy choices.
- **Move your body every day.** Even 10-15 minutes of movement counts. Try morning stretches, a quick walk, or bodyweight exercises.
- **Eat 30+ grams of protein at breakfast.** This one habit makes every other healthy choice easier throughout the day.
- **Get back on track immediately.** One indulgent meal doesn't derail your health –but three days of them can. Return to your normal eating pattern at your very next meal.

Quick Immune Boosters (Stay Healthy All Season)

- **Incorporate your immune boosting supplements.** High quality vitamin C and vitamin D are great for prevention!
- **Eat something fermented every day** (sauerkraut, kimchi, kefir, or a spoonful of yogurt).
- **Gargle salt water and nasal rinse** if you feel something coming on – simple but powerful.

You're in control. Every small choice is a gift to the January version of you who wants energy, clear skin, and clothes that still fit.



Healthy Holiday Survival Quick Reference Guide

Daily Habits

- Immune Boosting Supplements
- Daily fermented foods
- Gargle salt and nasal rinse

Before Social Events

- Eat a protein-rich snack
- Take a morning walk outdoors
- Plan your sleep schedule

During Events

- Fill half your plate with vegetables
- Choose indulgences wisely
- Save dessert for last
- Alternate alcohol with water

The Next Day

- 7-8 hours of sleep
- 10-15 minutes of movement
- Return to normal eating immediately
- 30+ grams protein at breakfast

The holidays last a few weeks, but your health is for a lifetime. You can absolutely enjoy this special season while staying true to your wellness goals. Small, consistent actions make all the difference.

You've got this!

Celebrate big, love your friends and family, and use these tiny hacks. Your body will thank you – and you'll still have ALL the fun.

Happy, healthy holidays!

