

Nutrition Tips for the Holidays

Once the holiday season hits, it's more important than ever to pay attention to your nutrition!! You don't have to put on that 5 or 10 lbs this year!!!

- 1) Be realistic about the "holiday season".
Holiday eating starts and Halloween and ends at the Super Bowl!
That's 3 full months of treats and parties!
- 2) Don't "save calories" or skip meals to save up for the party or dinner that night! If you skip eating during the day, your body will want to make up for it in the evening, making it much harder to make the right choices at the party or social event!
- 3) Always eat breakfast, especially before working out in the morning!
This is no old wives tale; eating breakfast not only increases your metabolic rate by 10% for the day, but also gives you the energy you need to have a great workout.
- 4) Try to eat small meals throughout the day in order to maintain a nice even blood sugar level. This helps cut down cravings for carbs and sugar tremendously, especially when they're lurking around every corner during the holidays!
- 5) Check out Cooking Light and look for holiday recipes that are low in fat and sugar. Make your holiday a healthy one without sacrificing the fun.
- 6) Be aware of what you're eating; "unconscious eating" happens a lot during the holidays simply because there are more treats around.
If you're baking, don't keep anything extra in the house after the party; send extras home with the guests!
- 7) If you want a treat, have it! Just make sure it's worth it! Don't knock out a few great workouts with some treat that wasn't even that good! Choose treats that will leave no regrets!
- 8) Get in a few extra cardio sessions to balance out the extra holiday food! Any extra cardio session you do will make a difference!
- 9) If you overdue it, don't punish yourself, move on!
- 10) Get your body composition checked before the holidays. Having the body fat information in the back of your mind can help curb the desire to give in and go for it!