

[IMAGE]

Stick to the Program: How to Make This the Healthy Holidays

By Editorial Staff

Yes, it's that time of year again: the holiday season. And with it comes the annual battle many of us have to maintain our health, fitness and sanity. You've worked so hard the past 10 months; why throw it all away now? Unfortunately, that's what too many people do – eating right, working out, keeping stress low and optimizing their health and wellness from January to October, only to regress once November hits.

But that's not *your* immediate future, because you've invested too much in yourself. And, as luck would have it, it's also that time of year when *we* offer great ideas to survive what we like to call the "unhealthy holidays." Take these tips to heart and stick to the program these holidays. After all, you're worth it.

- *Less Is More*: In general, the holiday season is all about excess; or at least the opportunity (read: temptation) of excess. That's particularly true when it comes to food, which can turn ugly and sabotage your health efforts if you don't rein it in. Moderation is the key, and the way to achieve moderation is to go to every holiday party / meal with a plan: less is more. Less piling on means more satisfaction; less helpings means more waking up on the right side of the bed, feeling great about yourself, not overstuffed and unmotivated.
- healthy holidays - Copyright © Stock Photo / Register Mark *More Is Less*: In the hustle and bustle of the holiday season, stress can overwhelm even the best of us. And when we're stressed, we're prone to comfort activities, which can lead to poor eating and discontinuance of our fitness routine. In this case, more is less: The more you stay true to your gym visits, nutrition plan, etc., the less stress you'll feel, breaking the vicious cycle of stress, unhealthy habits, more stress.
- *Strength in Numbers*: Chances are you haven't succeeded the past 10 months entirely on your own, and now's not the time to start. Sit down with your workout buddy, friends and loved ones who've helped you along the way and pledge to stick to the program through the holiday season. A little motivation can go a long way.
- *Movement Is Life*: The more you move this holiday season, even if it's not technically your standard exercise routine, is better than nothing at all. In fact, the holiday season often offers many unique opportunities for physical activity – taking a hike with holiday guests, playing a little

family-against-family touch football game, etc. – that just aren't available during the year.

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