PRIME LIFE FIT
LOVE YOUR LIFE AT ANY AGE!

Holiday Beat the Bloat Cheatsheet

1. **Stay hydrated**: if you're like me, then you're probably going to enjoy a glass or three of wine/alcohol at your holiday functions 💻. If you are going to imbibe, the best defense is staying hydrated. Drink 8oz of water for each cocktail consumed, and drink a liter before going to bed. You'll thank me in the morning 💻.

2. **Move your body**: you knew I was going to say this, didn't you? Seriously, if you have just 10 minutes, you can get a great workout. Use the holiday workouts to your advantage and make them work for you. Always modify as needed, but push yourself – they are super short, but they need to be intense for you to get max benefit. Always, always use good form though.

3. **Get your zzzz's:** I get that it's going to be chaotic, but please do your best to prioritize sleep. As we get older, our bodies become so much more stress-reactive, and things like lack of sleep can wreak havoc on fat loss.

4. **Engage in plenty of stress-relieving activities:** at a time when tension can be running high, fit in as much R&R as you can. Leisure walks outdoors, laughing with loved ones, watching holiday movies, meditation, gentle yoga, reading, taking Epsom salts baths, etc. are all great ways to unwind. Take time for YOU.

5. **Pre-holiday dinner, eat healthy throughout the day:** I love high-quality protein shakes for this. They're easy, provide me with all the nutrients I need, they taste delicious AND they keep my cravings away so I'm not as likely to go crazy at dinner. I use a plant-based shake that I love. Let me know if you need recommendations.

6. **At holiday dinners, fill your plate with protein and green veggies FIRST**, followed by a small amount of starch (5 to 15 bites). When it comes to fat loss,

fat trumps starch – so it's going to be better to eat fattier meats than it is to load up on starchy potatoes, bread, etc.

7. **Focus on experiences, and not as much on food:** We all love to indulge in some tasty treats during the holidays, but what if we made that secondary to enjoying the experience of being with our loved ones? Food for thought 💻.

8. **Take a walk after a big meal:** this helps with digestion

9. **Get a good workout the day of your big meal, as well as the day after**: This will help put any extra sugar to use by going to your muscles. I love doing a 20 minute full body or leg workout.

10. **Get right back on the healthy eating wagon the next meal:** the reason so many get into trouble with their weight during the holidays is they let things slide from the period from Halloween to New Year's. Then it's all about the resolutions, which we all know last about two weeks. Enjoy your family dinners, but make your other meals more about fueling your body rather than having a continuous cheat meal until Jan 1. 💻

Finally, if you end up indulging more than planned, do not beat yourself up. It happens to all of us at one point or other. The key is getting to a place where you do not feel deprived, but you never feel the need to go overboard either. This is when you've created a sustainable lifestyle that lasts 365 days per year!