



Holiday Survival Guide

**A SIMPLE + BALANCED
APPROACH**

By Lydia Di Francesco

SURVIVING the Holidays

You've got this!!

Hi there,

I'm really happy you downloaded my Holiday Survival Guide. This time of year can be so busy and stressful, but there are ways to feel good and stay healthy without it taking much time or adding more stress.

In this Guide you'll get:

- New insight into the best mindset for the season (and life)
- SIMPLE approach to the holidays
- Exercise guidelines
- Sample workout
- Nutrition Guidelines
- Snack ideas
- Dealing with peer pressure
- Tips for overeating or a hangover
- Extra resources

If there's ONE aspect I'd love for you to take hold of is that **YOU are in control** of your actions and your schedule. Grab that power and use it to feel healthy and vibrant.

To your best Holiday Season yet!

Coach Lydia

ps. Feel free to reach out with any questions or if you need some encouragement. You can email me at lydia@fithealthy365.com or DM me on social media.

MINDSET is everything

A New Approach Needs a New Mindset

"This year will be different." How many times have you said that? Your intentions are always good, but if you don't shift your mindset, nothing can change.

So in the spirit of taking a new approach to the holidays, I encourage you to shift your belief about what it means to live a healthy life.

Healthy living is a ***lifestyle***, not a fad or temporary state of being. If you can get your mindset to a place where being healthy is a regular part of life you are well on your way to success. And yes, even during this busy time of year!

One of the key aspects of healthy living as a lifestyle is that ***you aren't perfect***.
#sorrynotsorry

You are living in real life with all it's bumps and turns.

Here's where I want you to get comfortable



Live in the grey zone. It's where real life happens. It's in between all and nothing.

It's where you miss a workout but that's ok because you'll do it the next day. It's where you eat a few too many holiday sweets but load up on veggies at dinner.

The Secret to Surviving the Holidays

The real secret is choosing consistency over perfection. Consistency doesn't necessarily mean daily, but about 80% of the time.

CONSISTENCY > PERFECTION

Consistency wins every time AND over the long term because **it's sustainable**.

SIMPLE Approach to the Holidays

S

Set strategy and goals

Decide in advance and stick to your strategy

What's your eating plan at each special events? How often will you exercise?

How much alcohol will you drink?

I

In advance, eat a small healthy snack

Don't show up starving because that leads to over-eating

To help with over-eating, eat a small healthy snack 1-2 hours before you attend your event

M

Make healthy food to bring

Offer to bring a healthy side dish or dessert, such as: salad (variety of different kinds), fruit tray with sugar-free chocolate dip, veggie tray, black bean brownies

P

Prioritize protein, vegetables and water

Choose Protein (beef, chicken, fish, etc) 1 portion = palm size

Vegetables 1 portion = fist -> Aim for 3 different colors

Watch out for salad dressings, creamy sauces

Wait 20 min before going for seconds (that's how long it takes to feel full)

L

Limit alcohol and starches and watch portion sizes

If drinking alcohol, eat less starches/carbs

Alternate alcohol with water so you drink less

Watch out for large portion sizes - use a smaller plate and fill at least half of plate with vegetables

E

Exercise daily (30 min walk or short workout)

Go for a walk after dinner/meal

View exercise a privilege not a punishment

Avoid thinking of "exchanging" food and exercise

EXERCISE Guidelines

Do Short, Intense Workouts

A longer workout isn't necessarily more effective than a shorter one, especially if it means you will actually do it as opposed to skipping it all together.

I've personally seen the results of short workouts, such as getting stronger, losing inches and feeling better and more energized.

If we come back to the sustainable question, 15 minutes a day or a few times a week is absolutely do-able, even with a busy holiday schedule.

Workout Tips:

- Push yourself and take short breaks
- Use full body movements
- Combine muscle groups
- Schedule workouts - make the time and actually put it in your calendar
- Get the family and any visiting guests involved. It's more fun with friends!

15 Minute At-Home Workout

Warm Up - Jumping Jacks x 20

Circuit - 3 rounds

Squats x 15

Push-ups x 10 (Options: on toes or incline with hands on bench/chair)

Tricep Dips x 10 (Knees at 90 degrees)

Lateral Lunges x 10 each

Plank x 30-45 seconds

Rest as needed.

30 Minute Walk

If you can't do a workout, then make sure to get a 30 minute walk in.

NUTRITION Guidelines

4 SIMPLE NUTRITION HABITS

1) Aim for Balanced Meals + Portion Sizes

Your overall goal should be to eat balanced meals and portions.

Every time you eat combine two or more macronutrients – protein, fat and carbs. Doing so helps balance blood sugar and it keep you fuller longer.

Only eating one macronutrient at a time will cause you to be hungry more quickly and, especially in the case of carbs, you may get a quick boost of energy followed by a crash as blood sugar levels drop.

2) Drink 1-2 L of water per day

Water has many benefits, including lubricates joints, helps regulate body temperature, source of minerals, helps with metabolism, healthier skin, helps in digestion and constipation, relieves fatigue.

Tips for drinking more water:

- have a glass of water as soon as you wake up
- drink a glass of water with every meal
- keep a water bottle a multiple places

3) Eat slowly and stop at 80% full

Take your time with each bite. Focus on the flavours. Pay attention to the notes of the food and how they taste. Do your best to chew each bite 20-30 times. Take deep breathes in between bites and relax.

Chewing your food adequately allows your body to absorb and assimilate more nutrients and improves digestion.

Be aware of how full you are getting and stop before that “stuffed” feeling.

4) Eat vegetables with each meal

Vegetables contain important micronutrients (vitamins and minerals) and phytochemicals that are essential for your body’s physiological functioning. Veggies (and fruit) are also more alkaline, providing a balance to the acid loads from proteins and grains.

Try to get at least 2 servings of vegetables at each meal.

SNACK Ideas

Sugar-Free Chocolate Dip

Ingredients:

- 3/4 cup 0% plain greek yogurt
- 3 Tbsp cocoa powder
- 3 Tbsp chocolate protein powder
- 1/4 cup unsweetened almond milk (add more/less depending on the consistency you prefer)

Combine all ingredients in a bowl and mix together. Enjoy with fresh fruit!

Black Bean Brownies

Ingredients:

- 1 1/2 cups black beans, rinsed
- 2 Tbsp cocoa powder
- 1/2 cup rolled (or quick) oats
- 1/4 tsp salt
- 1/2 tsp baking powder
- 2 tsp vanilla extract
- 1/4 cup maple syrup
- 1/2 cup unsweetened applesauce
- 1/2 cup semi-sweet chocolate chips

Preheat oven to 350.

Combine all ingredients in a food processor and blend until smooth.

Pour mixture into baking pan. Optional: add a few chocolate chips on the top.

Bake for 20-25 minutes. Remove from oven and let sit for 15 minutes before cutting.

Quick Healthy Snack Ideas

- 1/4 cup berries with 1/3 cup cottage cheese or plain Greek yogurt
- 1 cup stove popped popcorn cooked with coconut or grape seed oil
- guacamole and vegetables
- devilled eggs (use guacamole instead of mayo)
- small can of tuna with whole wheat crackers or celery
- veggie chips with 1/3 cup curried yogurt (add 1/4 tsp curry to yogurt)
- cherry tomatoes with goat cheese
- mini black bean mash taco (heat 1/2 cup black beans with 1 Tbsp salsa. Mash with a fork and fold it inside a small tortilla)

ADDITIONAL Strategies

Dealing with Social/Peer Pressure

We all have that one relative or friend who doesn't understand our concept of healthy living and our goals and pushes food/alcohol.

It can be a challenge to deal with that kind of pressure, but here are some ways to handle it.

- Know your strategy and goal so you are less likely to be caught off-guard
- Believe that it's none of their business (politely tell them so if it's gets too far)
- Mention that it's your choice and you are NOT suffering
- Don't accept pity (see above)
- Change the subject or walk away from the conversation
- (This can be tricky but...) Saying no to food isn't insulting the chef. It is NOT your responsibility for how THEY react and internalize your decision.

Tips for Overeating or a Hangover

Eat as usual. Get right back to your regular healthy eating habits. No throwing in the towel "screw-it" mentality and overindulging because "I already messed up yesterday, what's one more day?"

Drink water. Water helps with digestion and keeps things moving. There's no need to do a special detox since your organs do that anyway. Just drink 2L of water.

Acknowledge and move on. No negative self-talk or feeling guilty. Feeling guilty keeps you in a shame cycle which perpetuates a negative mindset. If there is a lesson to be learned from the experience, acknowledge the lesson and keep it in mind for the next time. If it's just an off day, take it as such and move on. It's done. It's in the past. Keep moving forward.