

THRIVING TIMES; Your Health and Wellness Dispatch

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Ready for holiday cheer without the guilt?



Seasonal Do's and Don'ts

A major hurdle during the festive season is the combination of 'treats' along with our regular meals. We often stick to our three daily meals while indulging in party snacks, which can lead to overindulgence. Here are some helpful Do's and Don'ts to help you enjoy the festivities while keeping your health and weight goals in check.

Don't set unrealistic food expectations

Going on a strict diet or denying yourself your favourite foods during the holidays can lead to disappointment. Focus on finding a balance rather than feeling deprived.

Do take charge when necessary

If you have multiple party invitations, consider bringing along healthier food options. This way, not only will your host appreciate it, but you'll also have something you feel good about eating.

Do plan ahead

Creating a plan is essential for a stress-free holiday season. Procrastination can lead to unnecessary stress, so start organising your approach today!

Don't overdo the alcohol

For those who enjoy a drink, the holidays can lead to excess. Be mindful of both the quantity and type of beverages you consume, as festive drinks are often sweeter. Remember to hydrate with plenty of water to counteract dehydration.

Do maintain a consistent eating routine

If you normally have three meals a day, try to stick to that pattern and limit unnecessary snacking. Keep your portion sizes in check, and remember that the festive season lasts more than just one day!

Do be kind and realistic

None of us are perfect. The holidays should be a time for joy and celebration, so set realistic goals and be gentle with yourself if you stray from them.

Do keep up with your exercise

If you typically work out, try to maintain that routine. It can help you stay focused and burn off those extra calories.



Do feel empowered to say NO

If you tend to please others, evaluate your commitments and be mindful of how saying yes affects your health and well-being. Saying NO for the right reasons can be liberating.

Do prioritise quality time with loved ones

While the festive season is often about family and friends, it's easy to get caught up in tasks. Make sure you carve out time to socialise.

Don't sacrifice sleep

Adequate sleep is vital for overall well-being. It can prevent weight gain, reduce stress, and keep you healthy during the season. Late nights can disrupt your body's natural rhythms, so be mindful of rest.

Kickstart Your New Year Health Goals Today!

Don't wait for January to get started—let's plan your path to success now! Book a call with me and set yourself up for a healthy, vibrant start to 2025. Together, we'll create a plan that fits your lifestyle and helps you hit the ground running when the new year begins.

 Book Your [Complimentary WELLth check call](#) now, Your future self will thank you!

Wishing you a super festive season.

Samantha