



HEALTH & JOY IN EVERY SEASON

*Hitting your goals
around the holidays*



WHAT YOU NEED TO BE
SUCCESSFUL:

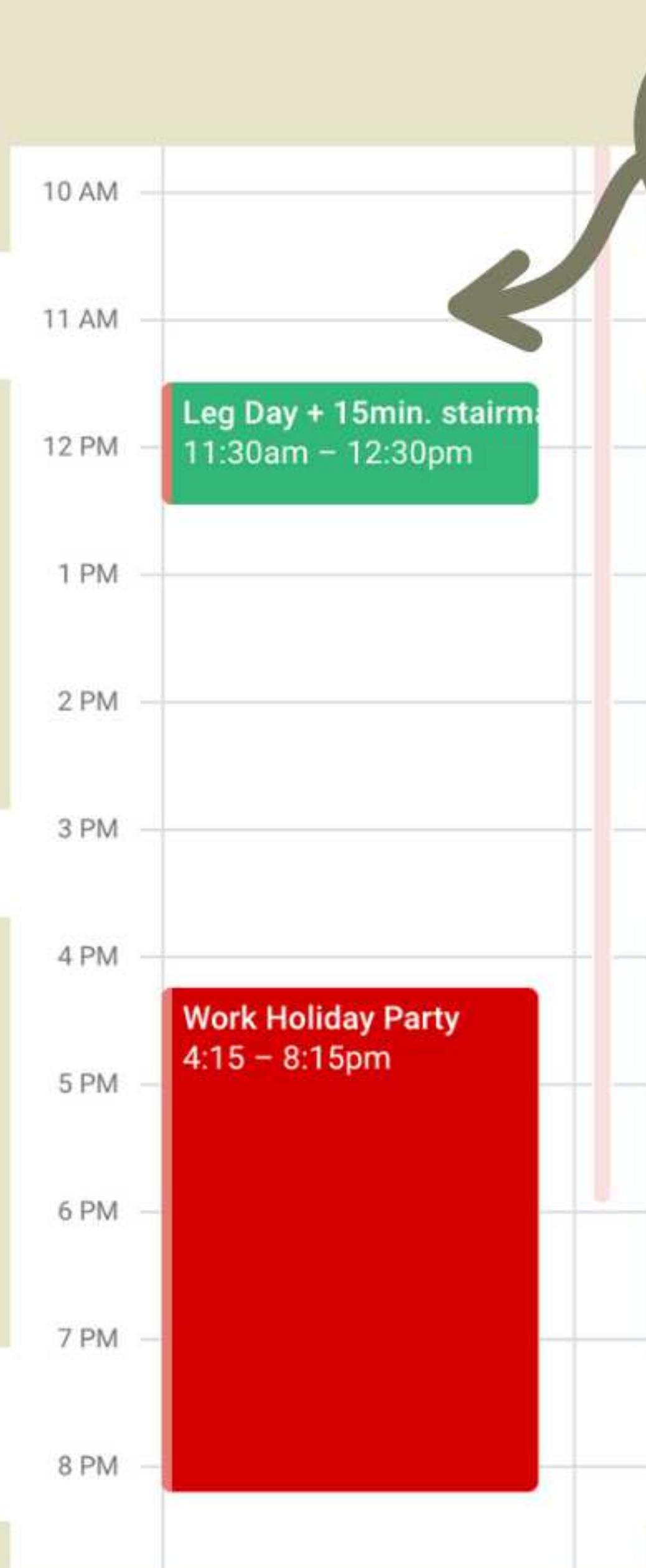


PRIORITIZING EXERCISE

It's easy to fall off and make excuses as to why you haven't been to the gym from November 20th-Jan 2nd... but you'll start again next year right?

Maybe... but let's come out AHEAD instead of wasting over a month!

SCHEDULE WORKOUTS FOR THE WEEK LIKE A MEETING/CLASS



Literally into your calendar! Best to schedule prior to your week starting

MINDSET SHIFTS: EXERCISE IS A NON-NEGOTIABLE

It's not "Can I fit a workout in" - it's "Where am I going to shift my schedule to hit all 3 workouts around my holiday events?"

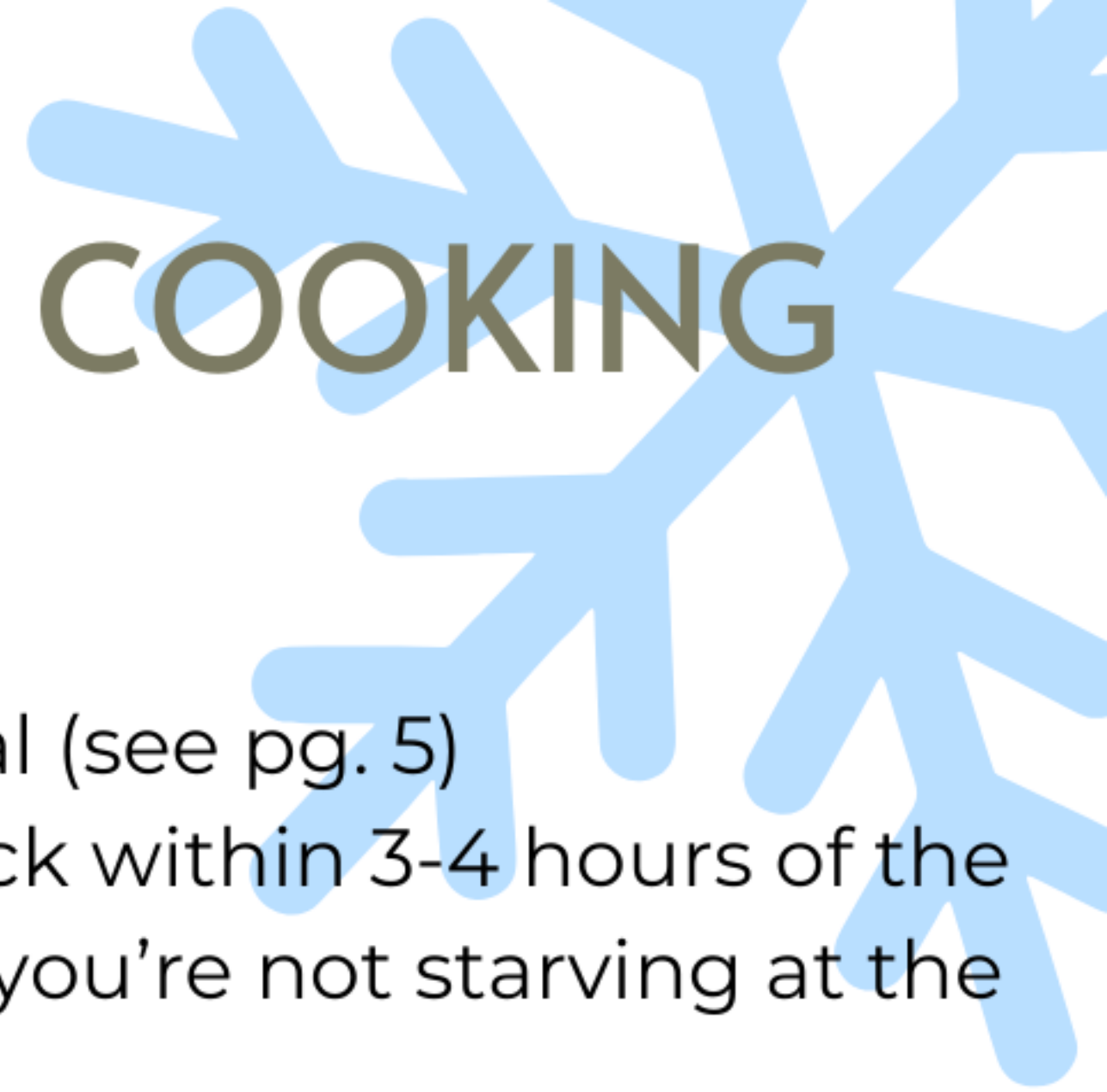
CAN'T GET TO THE GYM? STAY ACTIVE AT THE LEAST

Take a post-dinner walk, do morning yoga on Youtube, have a step goal for the day

STAY REALISTIC

Don't schedule a 2hr. workout at 6am the morning after your company holiday party...that has an open bar...





HOLIDAY MEALS & OTHERS' COOKING

THE STRUGGLE:

- Over-eating, binging, "I can't control myself", "F*** it" mindset



THE STRATEGY:

- Portion your meal (see pg. 5)
- Have a meal/snack within 3-4 hours of the holiday meal (so you're not starving at the event)

THE STRUGGLE:

- Overly restricting, skipping meals to "earn" unhealthy food, avoiding events, **orders a salad then binges later at home**



THE STRATEGY:

- Stick to the normal plan and go for fibrous carb, protein, healthy fat if possible
- Look up/ask for the menu beforehand to find something enjoyable that isn't restrictive

NO MATTER WHAT:

- Front load protein: eat *high protein for breakfast/lunch*
- Balanced DAYS vs. Balanced MEALS: *High carb dinner? Carb-conscious lunch*
- Large portion? Prioritize finishing protein and veggies FIRST
- Be BAD Method (see pg. 5-7)



example:
Italian Christmas Dinner

Realistic Choices:

Appetizer:

Calamari/Eggplant Parm/Meatballs

Main Course:

Chicken Parmesan Pasta

Drink:

5oz. glass Rosé (actually only 5oz.)

Dessert:

Shared Tiramisu with friends - a few bites!

High protein or veggies

Protein, Carbs & Fat...finished the chicken first & left some of the noodles

Allow treats, but portion it out!

Not-so-balanced Choices:

Appetizer:

3 pieces of Garlic Bread

Main Course:

3-Cheese Ravioli/Gnocchi with Vodka Sauce

Drink:

Multiple sugary drinks + shots

Dessert:

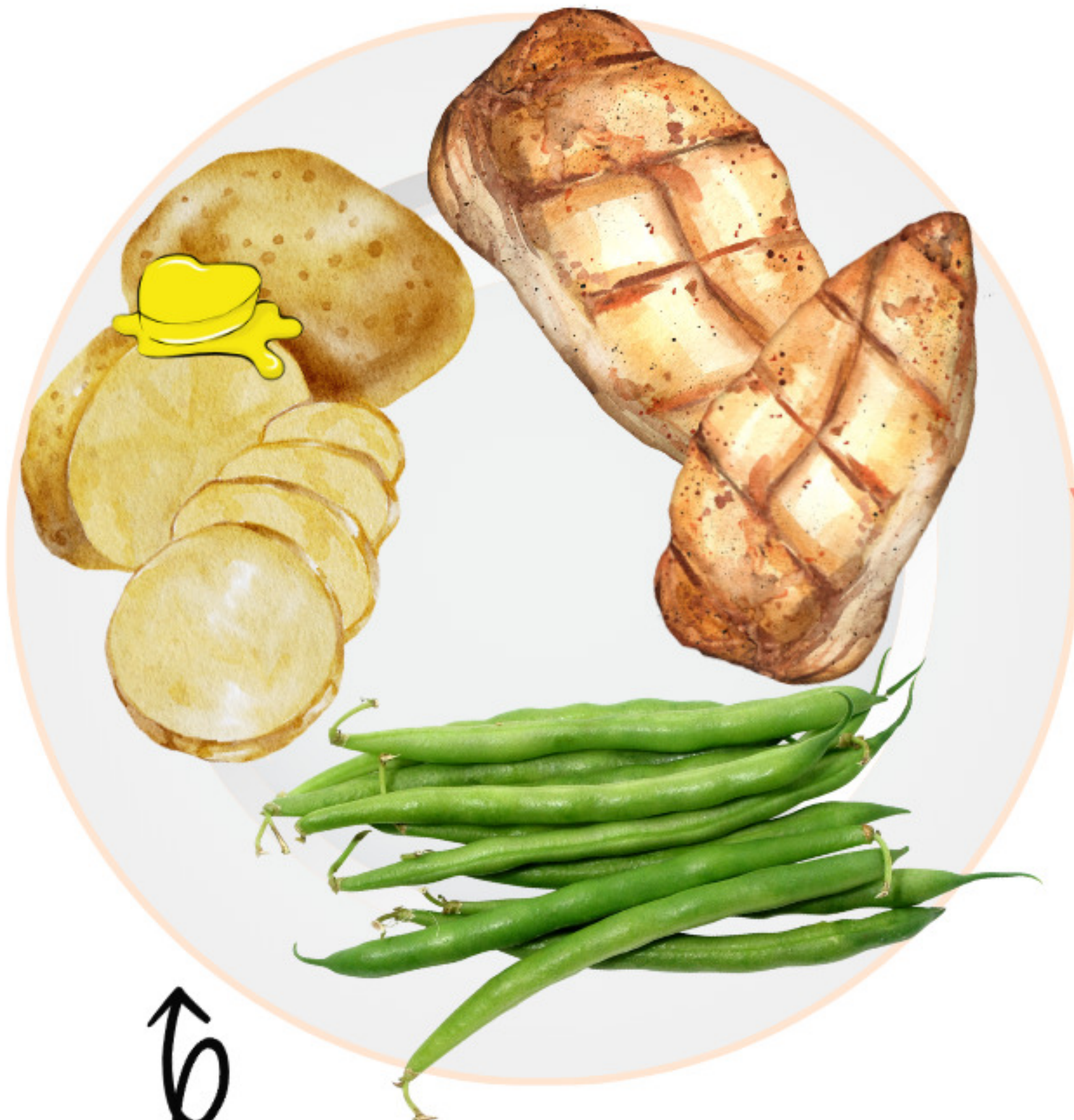
Chocolate Gelato & finished friend's Gelato

I WANT YOU TO DO B.A.D.:

BALANCE YOUR MEALS

ALCOHOL MANAGEMENT

DSSERT MANAGEMENT



UNREALISTIC EXPECTATIONS ON THANKSGIVING...

sweet potato + butter: carbs & some fat

VS.



shrimp cocktail: protein, some carbs (sauce)

turkey: protein, some fat

small pumpkin pie slice: carbs & fat

salad: veg & fiber! minimal carbs, (fat depending on dressing)

...BALANCED YET REALISTIC!

Priorities:

- 1/4-1/3 plate
 - **Protein** (leaner if you have a choice)
- 1/4-1/3 plate
 - **Veggies (w/Fiber)**
- 1/4-1/3 plate
 - **Carbs** - factor in desserts!
- **Fats**
 - usually hidden in our fav side dishes, desserts, or grandma's cooking so no NEED to add additional fat



Getting full? Finish protein and veggies FIRST

I WANT YOU TO DO B.A.D.:

BALANCE YOUR MEALS

ALCOHOL MANAGEMENT

DSSERT MANAGEMENT

Is It a Special **occasion**?

YES

Wedding,
Graduation,
Vacation,
Holiday

NO

The Sunday
after
Thanksgiving

Is the **item** special to that **location**?

YES

Mom's fav
Manischewitz at
the family
Hannukah party,
Mai Tai in Hawaii

NO

Rum & Coke in
your sketchy
hometown bar,
another
Starbucks PSL

**Having multiple Drinks?
Have 1 "treat" drink,
then switch to...**

LIGHTER OPTIONS:

- **Lower calorie alcohol:** plain vodka, tequila, gin, rum, whiskey, prosecco, white wine is usually less cals than red
- **Lower calorie mixers:** club soda, diet sodas
- **Lower calorie drinks** (all <200cals):
 - vodka/tequila soda + lime/lime juice
 - vodka soda + "press" (aka a little squirt) of juice, lemonade, cranberry, grapefruit, diet soda, etc)
 - tequila soda + "press" of grapefruit juice
 - light beer
 - gin & diet tonic
 - rum & diet coke
 - Seltzers
 - Wine Spritzer: a little wine + fresca or club soda



I WANT YOU TO DO B.A.D.:

BALANCE YOUR MEALS
ALCOHOL MANAGEMENT

DESSERT MANAGEMENT

Is It a Special **occasion**?

YES

Wedding,
Graduation,
Vacation,
Holiday

NO

Dec 27th... might
as well just finish
the Christmas
cookies

Is the **item** special to that **location**?

YES

Wedding cake
at a wedding,
Gelato in Italy

NO

Peppermint
brownies in the
break room

**Have multiple choices?
Use this method...**

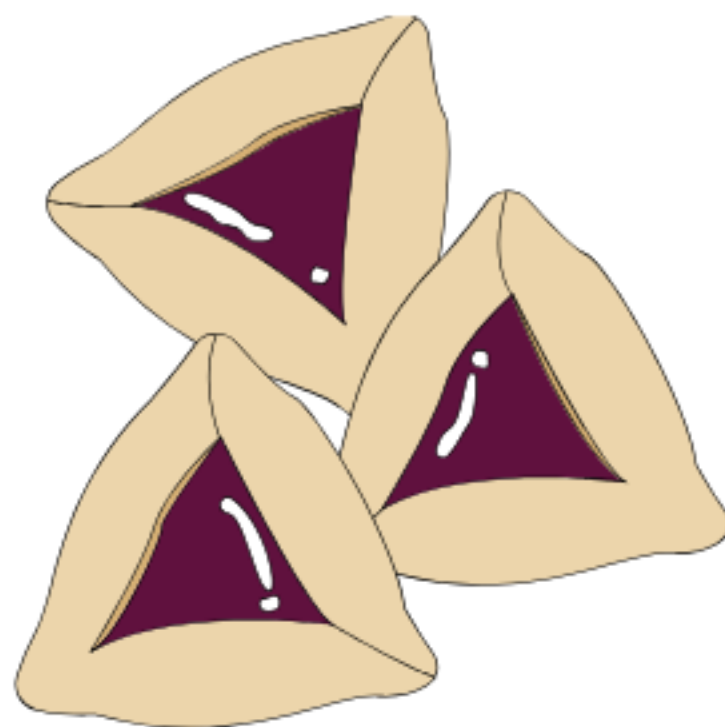
PICK YOUR FAVORITES:

Out of...

- Nanna's annual Christmas cookies
- Vanilla Ice cream
- Brownies

Narrow down what you'll choose by picking your favorite of the 3, the most rare/special item (Christmas is only 1x/yr), OR knock out the item you can have any time (ice cream).

Narrowed down between 2 & still can't decide? Have a small portion of each & put the rest away!





MOST IMPORTANTLY: ENJOY YOURSELF!

Don't forget why you're on this health and fitness journey in the first place. You want to be your best healthy self so that you can enjoy special events and outings. If you skip out on or overindulge to the point where you're not even enjoying these special life moments...then what's the point of doing this at all?



***Need more personalized help?
Fill out Liv's 1-on-1 coaching application
linked in bio on all social media
@livwellvg (Instagram, Tiktok)***

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