

Healthy HOLIDAY HABITS

HEALTHY HABIT #1: KEEP TO YOUR ROUTINES

The best thing you can do to stay healthy during the holidays is keep to your routines as much as possible. Keep up with the exercise routine that gives you energy and clears your head. Stick to the recipes and portion sizes that you know fill you with nutrition without overstimulating your system. And, importantly, don't skip your self-care. Your self-care routine might be getting out in nature everyday, it might be your exercise regimen, it might be baking with the music blasting, it might be reading a good book.

HEALTHY HABIT #2: HEALTHY HOLIDAY EATING TIPS

Are you wondering how to maintain your weight during the holidays? Eating smart during this time of year can be a challenge. You're often surrounded by decadence and temptation! It's important to be grateful for the abundance of this time, whilst still nourishing yourself with proper nutrition. You can enjoy the festive season and stay on track. One of the best ways to protect yourself from overindulgence is to ensure you prioritize a nourishing breakfast. Everybody is different, but what works great for most is starting the day with a hearty well balanced breakfast.

HEALTHY HABIT #3: SAFEGUARD YOUR DIGESTION

There's likely been a few years where you've googled, 'how to recover from holiday eating!' More often than not the silly season equates to overeating. Accept that over the next few months you might eat more than your fair share a couple of times, but that's okay! You can have a healthy holiday by making mostly good food choices, prioritizing healthy fats and keeping your physical activity up. Digestive enzymes can help as well. Our bodies naturally produce enzymes to improve digestion, but when we're under stress and as we get older, our natural levels of enzymes can decrease. This leads to digestive imbalances which means the all too familiar issues of gas and bloating.

Healthy Habits for the Holidays



HEALTHY HABIT #4: STAY HYDRATED

You've heard this advice before, but it bears repeating. Hydration is the cornerstone to a healthy lifestyle. Drinking water first thing in the morning is a great way to start the day. Better yet, opt for sparkling water during festive occasions when you've had enough bubbly. This can also help keep your blood sugar in check. Drinking enough water is important for so many reasons. It helps to flush your body of toxins, supports your kidneys, your digestion, and helps you feel alert and focused.



HEALTHY HABIT #5: GET PLENTY OF SLEEP

We all know that good sleep, much like water and nutrition are essential ingredients to a healthy lifestyle. It can also play a vital role in weight control. But getting restful sleep is easier said than done, especially during the holidays. Having good bedtime routines, like meditation, yoga and reading are all excellent ways to wind down. However, during the holiday season you often head to bed far later than usual, physically exhausted but with your mind on overdrive. On those nights, and whenever you need it, it helps to have a supplement on hand to help you relax naturally and reduce the time it takes to fall asleep.
