



## Tips for Healthy Holiday Survival

Winter holidays are often a time of year where people struggle to maintain healthy eating and exercise habits. While treats at holiday gatherings and parties should be enjoyed, there is a way to navigate the festive season without piling on the weight.

Here are a few tips and tricks to help you with healthy holiday survival...

1) **Keep exercising** – maintaining your workout routine will minimize weight gain and that sluggish feeling caused by overindulging in holiday treats.

2) **Fill up on the good stuff** – most gatherings will have healthier options such as veggies or fruit plates available at the snack table.



3) **Drink lots of water** – staying properly hydrated will allow your body to function at optimal levels to help metabolize excess calories.

4) **Eat mindfully** – choose your snacks wisely and use a plate rather than just sitting beside the food and noshing endlessly without realizing how much you are consuming.

5) **Try following the 90-10 rule** - Aim to make good nutritional choices 90% of the time by balancing treats with healthy meals.

Finally, give yourself a break and enjoy holiday treats without feeling guilty. No one needs to eat 'perfectly' all the time. Cheers to that!

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