Stress-Free Thanksgiving

By Victoria Ann Diaz

The holiday season can be a stressful time for many. It’s a time to give thanks for all that we have but also a time when our health and wellness can be impacted. According to a study by the American Psychological Association, nearly 75% of people experience stress during the holiday season. Here are some simple strategies to help you avoid stress and anxiety during Thanksgiving.

1. Plan Ahead

The best way to avoid overeating or eating too much of the “wrong” thing at parties and dinner engagements is to eat beforehand. Do not go to a social gathering hungry. Instead, have a healthy snack such as a protein shake, a piece of lean turkey, or some fruit and vegetable slices beforehand. This will help you commit to eating healthy and stay committed to your wellness goals.

2. Wear Your Best Outfit

When you look good, you feel good. This is especially true during the holidays. Pull out that pair of skinny jeans or a fancy form-fitting dress, and put on your best outfit. This will help you feel more confident and engage in conversation.

3. Try a Little of Everything

There are always plenty of delicious dishes to choose from. Avoid second helpings and slow down. The first bite is usually the best. If you are hosting a dinner, consider serving with multiple small dishes, which can help you avoid overeating.

4. Take a Little of Everything

Chances are, you will not be able to eat everything in moderation. It takes about 15–20 minutes for your body to signal you are full. If you do not take time to stop eating when you are full, you will ruin your effort of staying healthy. It’s important to take a few minutes for your body to signal you are full, reduces how much we eat, and facilitates weight loss.

5. Drink Water

Drinking water makes us feel full. It can also help you avoid alcohol consumption.

6. Limit Alcohol Consumption

There are about 120 calories in a glass of white wine, 230 in a bottle of rum, 140 in a 12-ounce can of soda, and usually more than 220 in one cup of eggnog without the rum. So, weigh the calories before you imbibe.

7. Think Positive

The holiday season can be a time of joy and celebration. Make the most of it. By Leslie Mary Olson

The season of celebrations is upon us, filled with delicious foods that often seem impossible to resist. Starting with Halloween candy through to the Thanksgiving feast, Christmas and Hanukkah movement, and New Year’s Eve bash, we are surrounded by generous calorie-laden meals and temptations they represent. While people often worry about gaining 5 or more pounds over the holidays, research suggests that this doesn’t necessarily have to be the case. According to a study published in the Journal of the American Institute of the Health, the average weight gain is only about 1 pound. Nevertheless, many people fear that they will slip from their normal eating habits and struggle with losing the extra weight after the party is over.

Here are some simple strategies to help you manage your weight through the festivities without compromising your dedication to staying healthy.

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Foot or Ankle Pain? Get Back on Your Feet Quick!

By Victoria Ann Diaz

For most of us, November is best known for Thanksgiv ing Day, a time to reflect and give thanks for all the blessings that come our way. For some, this holiday also kicks off a major holiday shopping season and counts down to the New Year. The holiday season can be filled with late shopping sprees, office parties, and Christmas rush. But, it can also be a stressful time for those who are not able to participate in all of the holiday preparations into an already hectic schedule.

Here are some easy tips to help you enjoy a more stress-free Thanksgiving.

Plan Ahead

Get organized and prepare early. Make a checklist for the day and estimate the amount of accomplishment will help you reduce stress. Crossing the items off your list will also eliminate the possibility of forgetting something important.

Ask for Help

Ask for help with the meal by allowing them to bring a food or dessert item. Don’t try to do it all by yourself. Also, ask for assistance to set the table, cut up fruit or vegetables, and help with the cleanup. Chase up the kitchens as you go along. This will help to keep the clutter and stress down. A messy or cluttered kitchen can make anyone feel overwhelmed. But keeping things organized will help you feel more calm and in control every step of the way.

Avoid Overeating

Don’t break on Thanksgiving Day. This will help you avoid eating over later on. Try not to fill up during the feast, and remember to save everything to modularization. It takes about 15–20 minutes for your body to signal it’s full, so slow down when eating if you are full. If portion size is a challenge, try using a salad bowl or dessert dishes rather than a dinner plate. Don’t forget to drink plenty of water to stay hydrated through the day. This is really important, especially after a large meal, so that your digestion can function properly. Most importantly, don’t feel guilty. It’s OK to treat yourself once in a while.

Stay Active

Stay active during the holiday. Play with the children and pets, help with the cleanup, or get to sit down, relax, and enjoy the food.

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7 Strategies to Avoid Holiday Weight Gain

By Leslie Mary Olson

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