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[Take2Wellness.com](http://Take2Wellness.com)



*Eat, Drink & Be Healthy  
This Holiday Season!*



Wednesday, November 11th  
Veterans' Day!



**HAPPY VETERAN'S DAY!**





*Eat, Drink & Be Healthy  
This Holiday Season!*



*Happy  
Thanksgiving*



*happy  
NEW  
Year!*



*MERRY  
CHRISTMAS*

*Happy  
Hanukkah*





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This Holiday Season!*



## What we will cover today:

- Realities of the Holidays
- Holiday roadblocks
- Holiday Stress – the good and the bad
- 10 tips for enjoying a healthy holiday season.





## Realities of the holidays

- **Average weight gain during the holiday season is 1-5 pounds and is not usually lost during the rest of the year**
  - **Bottom line: We tend to get out of control during this time of year**
    - **Thanksgiving through New Years Day**
    - **Overeating often starts during Halloween and ends with the Super Bowl!**
    - **Studies show this season has a disproportionate effect on health compared to the rest of the year**
    - **Health changes that occur during this time have a lasting impact because they are not typically reversed**
- **Most people consume 6000 calories per day, three times more than the daily recommended calories**



## Some Realities of Holiday food...



### Fried Turkey

5.9 oz serving

383 calories

45 g of protein

21 g of fat

1 g Carbs

1,116 mg of sodium

129 mg of cholesterol



## Some Realities of Holiday food...



### Mashed Potatoes

Serving size 1 cup

237 calories

4 g of protein

9 g of fat

35 g carbs

666 mg of sodium

23 mg of cholesterol



## Some Realities of Holiday food...



### Cornbread Stuffing

Serving size ½ cup

179 calories

3g of protein

9 g of fat

22 g carbs

455 mg of sodium

0 mg of cholesterol



## Some Realities of Holiday food...



### Gravy

Serving size 1 cup

121 calories

6 g of protein

5 g of fat

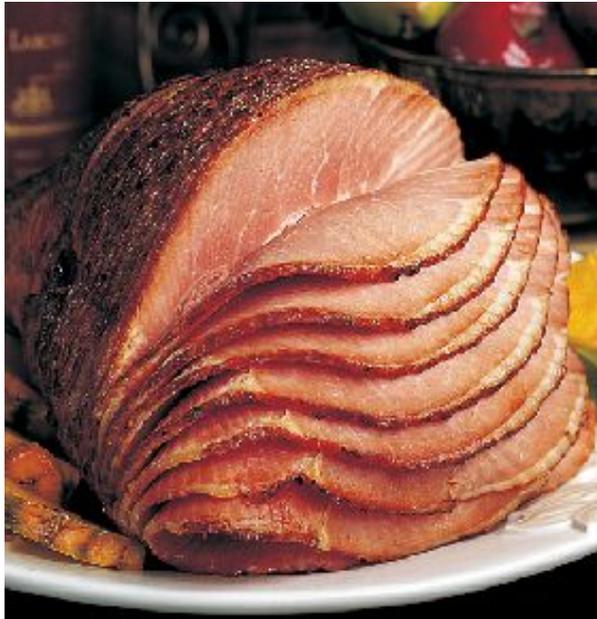
12 g of carbs

1373 mg of sodium

5 mg of cholesterol



## Some Realities of Holiday food...



### Spiral Ham

Serving size 1 slice

197 calories

32 g of protein

7 g of fat

2 g of carbs

1417 mg of sodium

93 mg of cholesterol



## Some Realities of Holiday food...



Sweet Potatoes with marshmallows

Serving size 1 oz.

60 calories

< 1 g of protein

4.5 g of fat

4 g of carbs

270 mg of sodium

0 g of cholesterol



## Some Realities of Holiday food...



Green bean casserole

Serving size 2 tbsp.

167 calories

3 g of protein

9 g of fat

15 g of carbs

439 mg of sodium

3 mg of cholesterol



## Some Realities of Holiday food...



### Dinner roll

Serving size 1 roll

107 calories

3 g of protein

2 g of fat

18 g of carbs

191 mg of sodium

17 mg of cholesterol



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## Some Realities of Holiday food...



Cranberry sauce

Serving size 1/4 cup

104 calories

<1 g of protein

0 g of fat

27 g of carbs

20 mg of sodium

0 mg of cholesterol



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## Some Realities of Holiday food...

**The Real Hard Truth!**

**Remember this is just one serving of everything!**

**And we didn't even get to dessert!**

Remember all based on one serving of all the food shown.

Total calories: 1,555

Total fat: 66.5 g

Total carbs: 137 g

Total sodium: 5,947 mg

Based on a 2,000 calorie daily intake.

1,555 is 78% of calorie intake (suggested 2000)

66.5 g is 1% over fat intake (suggested 65 g)

136 g is 45% of carbohydrate intake (suggested 300 g)

5,947 mg is 148% over sodium intake (suggested 2400 mg)



**Holiday  
Drinks Add  
Up Too!**



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**10 Tips to help you  
Eat, Drink, & Be Healthy This Holiday Season!!**



**MARGIE'S HOLIDAY TOOL BOX**



## 1. Drink 16 Ounces of Water When You Wake Up



- Drink at least 16 ozs of water first thing in the morning
- Helps your body renew cells, lose weight, balance the lymph system, purify the colon, makes your skin glow, and helps to fight diseases
- Many experts suggest 8, 8oz glasses per day. Others suggest taking your total body weight in pounds, dividing it in half. Then take that number and you drink that many ozs each day.
- You decide for yourself what works for you. Try it! Just be careful not to drink too much before bedtime or you will interrupt your sleep.



## 2. Stretch & Move



- Add a 5-minute stretch to your morning routine.
- Gets your blood flowing, & improves posture improved posture!
- Fewer aches and pains
- Ideally, you want to exercise at least 30 minutes each day, but at least be conscious of your movement.
- Park in the back of the parking lot, take the stairs, stand up each time you answer the phone at your desk.
- Be creative and just MOVE YOUR BODY!



**Not only will you keep your metabolism in check, but you will also help your immune system.**



### 3. Gratitude Journal



FEELING  
**GRATITUDE**  
AND NOT  
EXPRESSING IT  
IS LIKE  
**WRAPPING A  
PRESENT**  
AND NOT  
GIVING IT.

~WILLIAM ARTHUR WARD~

- Take just a few minutes a day, morning or evening ~find a calming 10 minutes.
- Keeping a **positive attitude** is a great way to avoid frustration & depression
- Remember the true meaning of the holiday season.
- When relationships feel strained, commercialism can take over, loneliness sets in, or whatever your stress may be.
- Brainstorm what you are grateful for & write it down. Don't over think it, just write what comes to mind.
- Focus on the positive & you not only make your day Merry & Bright, but also all with whom you come in contact.
- Charity ~ Community Service ~ Season of Giving



## 4. Eat A Healthy Breakfast

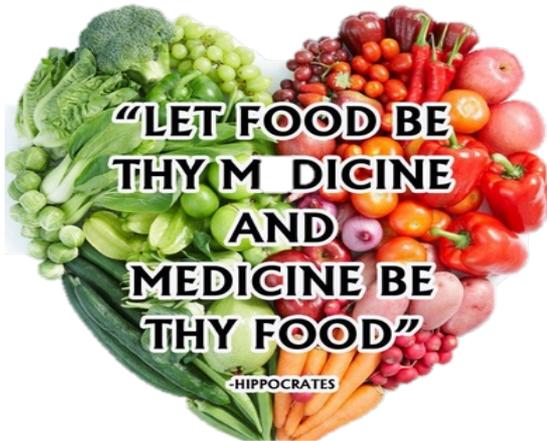


- Do not skip breakfast!!! If you grab a coffee & a donut, you may as well say you skipped breakfast!
- Give your body the nourishment it needs to fuel your day. Remember, processed cereals are equal to boxed cereal!
- Choose real whole grains such as oatmeal or kasha (toasted buckwheat.)
- Be sure to have a protein as well such as walnuts or eggs. My favorite breakfast choices include oatmeal with walnuts and blueberries, or a green smoothie made with super greens, hemp and flax seeds, banana, and berries.



## 5. Crowd Out The Sweets With Fruits & Vegetables

*You don't have to give up your favorite holiday foods, but it sure will help to add more fruits and vegetables to your plate!*



- For each Christmas Cookie or snack, try eating an apple or some raw carrots or other veggie first.
- Be aware of what you put in your mouth
- Balance your choices to get the nourishment you need to stay healthy!
- Limit processed foods, sugary drinks/juices, & keep it up even after the holidays!
- It is a lifestyle, not a diet!
- Eat slowly. You'll likely find you're full and don't really want seconds.
- Chew your food at least 25 times per bite.
- Lots of leafy greens
- ENJOY WHATEVER YOU EAT!



## 6. Substitute Coconut Palm Sugar for Cane Sugar



*One simple tip for your holiday baking:*

Use coconut palm sugar in place of cane sugar and brown sugar!

- Recipes
- sweeteners for your coffee, tea, oatmeal, etc.
- Many recipes are on my website from Brown Rice Bread to Pumpkin Muffins where I have used coconut palm sugar.
- If you have children, this is a must try! We consume so much sugar in the American diet that we are not even aware of it
- Read the labels on the packages in your pantry...do you see evaporated cane juice? High Fructose Corn Syrup? All of these are sugar!





## 7. Eat Before You Go To The Party



- **Crowd out** the sweets & rich holiday foods by filling up on healthy lean protein and vegetables before you leave.
- Eat regularly—If you are going to a big party or gathering, don't starve yourself all day in anticipation. You're in danger of eating everything in sight. Have healthy snacks throughout the day, so you won't over-indulge at the gathering.
- Balance your meals—Don't fill up your plate with rich, high calorie food. Instead have a little of everything including fruits and vegetables. This way you still get to indulge as well as get valuable nutrients and vitamins (make your plate colorful).
- **MODERATION IS KEY!**



## 8. Seltzer With Lime As A Cocktail



- Try alternating your cocktail of choice with a highball of seltzer and lime!
- Not only will you hydrate your body to counter act the alcohol, but you will find you will have a better chance of not over drinking!
- You will even save some calories.





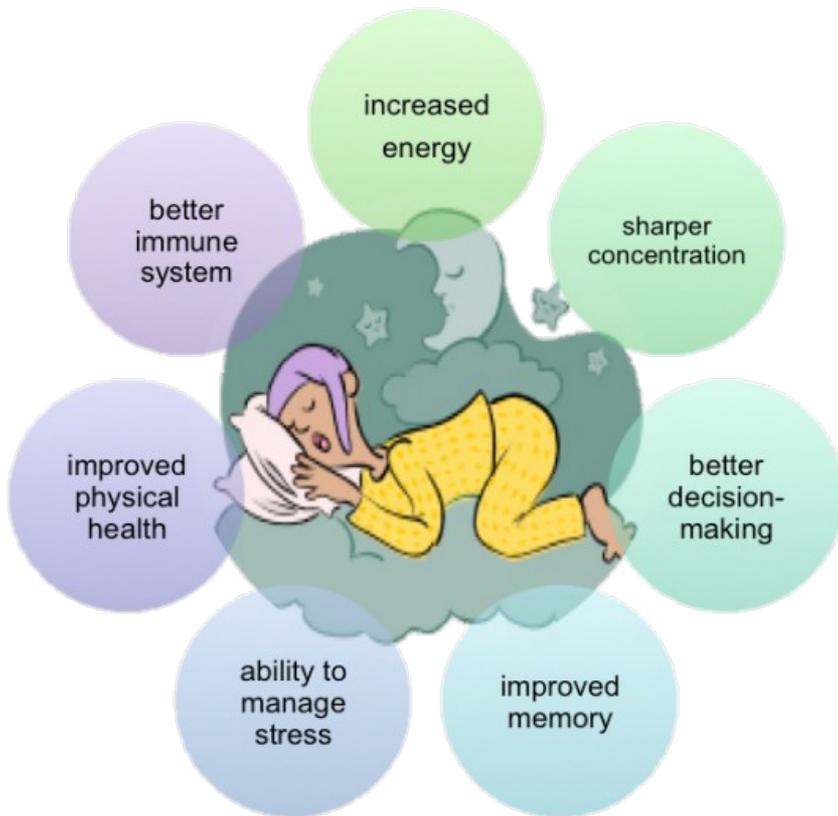
## 9. 30-Minute Detox For You



- Manage the daily stresses by finding "calm" for yourself each day.
- You may think you don't have 30 minutes, but I guarantee you can find it.
- Unplug from TV, Computers, Phone, and all electronics!
- Go for a walk, do yoga, go to church, pray in your car, whatever you can do to find a time out for your mind.
- Breathing Exercises
- Ground yourself for the day
- If you can afford it, treat yourself to a massage occasionally!
- Re-evaluate traditions & Holiday chores. Are they necessary?



## 10. Sleep At Least 7-8 Hours Per Night



- Sleep folks! And if you can manage a regular bedtime, perfect!
- When I had my own health crisis a few years ago, a regular bedtime helped my body heal. Do not skimp on sleep.
- Your body needs time to recover from the day and recharge for the next. A must do for your immune system.
- Get the Sleep you Deserve! When you *really* sleep well, so will your entire family. It's possible! You just have to believe and take the steps to make it happen.
- Still can't sleep? Try Dr. Weil's 4-7-8 breathing technique.
- Wake up refreshed and happy!



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## **10 Tips to help you Eat, Drink, & Be Healthy This Holiday Season!!**

1. Drink 16 ounces Of Water When You Wake Up
2. Stretch & Move
3. Gratitude Journal
4. Eat a Healthy Breakfast
5. Crowd Out The Sweets With Fruits & Veggies
6. Substitute Coconut Palm Sugar for Cane Sugar
7. Eat Before You Go To The Party
8. Seltzer with Lime as a Cocktail
9. 30-Minute Detox for YOU!
10. Sleep at least 7-8 Hours a Night





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**Happy Holidays From My Family To Yours!**



**THANK YOU!**

**My Holiday Gift To You:**

**Complimentary Initial Consultation**



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