



Tri Fit's Healthy Habits

December's Goal

Wellness Hacks for Holiday Survival

The holiday season is here and it's the most wonderful time of the year! As exciting as the festivities can be there is also the risk of letting healthy eating and exercise habits slide. So what can you do to keep the holiday season both fun and healthy? The following are our best Holiday Hacks to help you survive the holiday season.

#TriFitHealthHacks

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Healthy Holiday Survival

The holiday season is here and it's the most wonderful time of the year! The holidays are an exciting and magical time, but with shopping for gifts, entertaining and family time, it's easy to let healthy eating and exercise habits slide. So what can you do to keep the holiday season both fun and healthy? The following are our best Holiday Hacks to help you survive the holiday season.

Holiday Fitness Hacks

It's well known that exercise reduces anxiety and improves mood; especially important at this time of year. But if you think that meeting the many holiday demands preclude you from keeping active, think again! Even 10 minutes a day will safeguard your exercise habit. If you just can't get to the gym make a holiday fit list and check it off twice!

- ❑ **Screen savers** - There are 8 minutes of commercials per 30 minute TV program and 13 minutes per 60 minute program. Perform a different exercise each commercial break eg. squats, plank, jumping jacks, stretches or pause the online program and just do it!
- ❑ **Recipe for fitness** – While you are baking or preparing meals, perform a variety of on-the-spot exercises eg. calf raises, glute squeezes, shoulder blade squeezes, counter-top push-aways, travelling lunges (when you move to the stove, fridge or cupboard).
- ❑ **Office-tivities** – Instead of the usual department pot luck party and Secret Santa, bundle up and take a 20-minute brisk walk followed by a healthy snack (veggies and hummus) and gift exchange.
- ❑ **Holiday hustle** - Sign up for a holiday run (5km Resolution run or Santa Shuffle) that isn't too grueling but will motivate you to keep up your workouts.
- ❑ **12 Reps of Fitmas** - 12 burpees, 12 squats, 12 push-ups – rest for 30 sec and repeat for 5 minutes
- ❑ **Holiday Shuffle** - Stand on the subway or in the waiting room, take the stairs, pace while you wait, fight for the furthest parking spot and have a healthy holiday!



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Holiday Nutrition Hacks

Research shows that on average, individuals gain anywhere from 2 to 5 pounds throughout the month of December. Often some of this weight lingers into the New Year and beyond, resulting in upwards of 10 to 15 pounds of extra weight per year! Read on to find out our best hacks for being calorie-wise rather than pound-foolish!

- ❑ **Suggest a non-food centered office party** - Suggest an office hamper party in support of needy families and bring in gifts rather than treats. Offer a fruit-infused sparkling beverage and a fruit or vegetable plate as a healthy snack.
- ❑ **Skip the cookie-swap** - Do you really need five different varieties of cookies to tempt you? Instead suggest a healthy holiday recipe swap or favourite holiday book exchange.
- ❑ **Move the candy jar** - Do you have a bottomless candy dish in your office or at home? You'll eat 5 times more candies when the dish is within reach so move, hide or replace the clear candy dish with an opaque dish so you can't see the contents. Or better yet, replace it with a fruit bowl containing clementines and pomegranates.
- ❑ **Provide healthy appetizers** – At your next office or home gathering offer cut up vegetables and yogurt or hummus dip and skip the cheeses and pastry-wrapped appetizers. Greet guests with a glass of sparkling water and lemon before you offer an alcoholic beverage.
- ❑ **Make or purchase a small dessert** – You can still enjoy a sweet treat. Purchase or make enough for 1 small serving of dessert each with an accompanying fruit bowl. Discard dessert leftovers.
- ❑ **Check out the menu online** – Before you visit a restaurant, read the online menu and be ready with your healthy meal choice.
- ❑ **Share and save** – order 1 entrée from the menu to split and double the vegetables. Skip dessert or order one to split – preferably 4 ways!
- ❑ **Take the edge off your appetite** - A snack of a hard-boiled egg and carrot sticks or hummus and ½ a whole grain pita will stop you from diving into the bread basket and encourage you to skip the high calorie appetizer.



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Holiday Lifestyle Apps

Need help with the many holiday season tasks and events? Look no further. The following are the best apps to help you hack the holidays.

Category	Description	App
Holiday Cards	Send greetings from your mobile, tablet or desktop.	www.redstamp.com http://sincerely.com/ink
Mindfulness	Take a moment to relax and focus with these apps.	www.headspace.com http://apple.co/1QaNtSJ (The Quiet Place)
Meal Planning	The best holiday meal planning apps; tried and tested recipes for a no-fail dinner party!	www.epicurious.com/services/mobile http://apple.co/1Gyc3ri (Food 52)
Event Planning	From shopping, wrapping and scheduling guests – these are the best apps for keeping organized. And use MyFitnessPal to track your food intake at your next event.	www.pinterest.com www.wunderlist.com http://www.myfitnesspal.com/mobile/iphone
**Gift Giving	Make a wish list, organize a Secret Santa – gift giving made easy with Elfster & Pinterest.	http://apple.co/1JV0qeg www.pinterest.com
Music	Xmas Radio app is perfect for home or office parties with a great selection of Christmas music	http://apple.co/16szO8E http://bit.ly/1L1JJli (Microsoft)
Fitness	Fitness Blender gives access to over 400 free workout videos as well as thousands of healthy recipes	http://apple.co/1jQQbmq http://bit.ly/1aNlclV (Android)

**Simplify Gift Giving this holiday season by following these guidelines. Buy something:

- | | |
|------------------------------------|----------------------------------|
| <input type="checkbox"/> They want | <input type="checkbox"/> To wear |
| <input type="checkbox"/> They need | <input type="checkbox"/> To read |





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Holiday Survival Checklist

Now that you have the tools, let's put them into practice. Each week in December make sure you:

- Do something active every day. Even 10 minutes will make a difference. Refer to the Holiday Fitness Hacks list for exercise ideas.
- Use the Nutrition Hacks list to help you through challenging situations such as restaurant eating and office parties.
- Take time for yourself each day. Listen to holiday music; take a 5 minute stretch break, 10 minutes of meditation or 30 minutes with a good book, or download a Holiday Lifestyle App to help you achieve daily relaxation.