



Chill Holidays Cheat Sheet

The holidays are times of great joy and love, but also a time of stress and overeating. Never fear, with just a few small changes and a couple of easy tips, you can not only survive the holidays, but come out the other side with more energy, better health, and a smaller waistline!

Read our easy tips and tricks, and then print off the last page of this cheat sheet and stick it on your fridge!

1. Start your meals with protein

Deviled eggs, chicken salad, ham – start with the most protein rich food. This will help satiety signals reach your brain faster, keeping you from overeating. A bonus – digesting protein burns more calories!

2. Play like a kid

Be the fun mom, aunt or cousin who rolls on the floor with the kids. Organize a dodge ball game for the family, tug of war, shoot some hoops. Make the holidays active, don't be all grown up (and stuff).

3. Choose a small plate when serving yourself

The bigger your plate the more likely you are to eat more calories than your body needs. In one study participants piled 16% more ice cream in larger bowls, and the people studied were nutrition scientists. Your eyes are easily fooled, so go for smaller plates when you can.

4. Take a walk after meals

Studies show that your blood glucose concentrations can be significantly lower if you go for a stroll. Don't sweat it. Even slower walks affected blood glucose levels! A pleasant stroll is all you need!

5. Drink water in between alcoholic drinks

It's easy to down a beer or two when you are parched. Before drinking alcohol, have a large glass of water or sparkling water with some lemon or lime. You won't be as thirsty and you will be able to pace your drinking. This delays the effect of alcohol and dreaded hangovers and takes care of dehydration caused by booze.

6. Go for the smaller holiday latte

The Pumpkin Spice Latte is here, but that doesn't mean you have to drink a venti. An 8 oz serving has 210 calories and 25 grams of sugar – close to a large banana. The venti will load you with 470 calories and 65 grams of sugar, the equivalent to two cans of regular Coke.



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7. Clean, chop, and shop more

From serving, to washing dishes, volunteering to do the garbage, to cleaning up after guests – moving around adds steps and contributes to your NEAT (non exercise activity thermogenesis) – fancy way to say you will expend more energy and keep weight at bay!

8. Keep cookies sweets and pastries in the fridge and cupboard out of sight

If you have bowls of M&Ms, cookies and chocolate covered almonds all around your house for the holidays, you will be twice as more likely to eat them. Hide them deep in the fridge and at back of the cupboards where they are hard to find. You can also wrap them in dark bags, so you can't see them.

9. Fill up on veggies

Fiber and phytonutrients in veggies help you stay healthy and full with less. They provide food for the beneficial bacteria in your gut, but also don't leave much space for cookies, cake, chips and dip.

10. Get a massage

Holidays can be extra stressful, leading to emotional eating, late night TV mindless munching and going through the drive-through more than you like to admit. Schedule some me-time and get a massage at least once a month during this time. Thank us later.

11. Send the leftovers home with your enemies

Keep those cookies and you know you will eat them. Setting up your home for slim success is easy if you send sweets and leftovers home with your friends who would be happy to have them. Or take them to work and give them to mean coworkers – they may start being nicer to you.

12. Go for the pie filling

Skipping the crust on pie saves you from the possible negative effects of grains and bad fats, but also help you keep calories at bay. You can save up to 150 calories by eating the best part of the pie – the filling. Just stop at one piece, ok?

13. Choose red wine

Red wine contains resveratrol – a compound that slows down aging, helps with heart health and regulates your metabolism. Best choice around if you are having a drink tonight! For reference, a serving is about 5 oz, and most modern glasses hold 10. Go for the traditional size, like at a fancy Italian restaurant, not a posh night club.



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14. Don't eat it just because it's a holiday treat

That cookie you only get to eat on Christmas? Is it really that good? Are you even hungry? Rate your hunger levels before your meal, and if you are not hungry to eat, wait. If in 30 minutes you still want that treat, have it and truly enjoy it.

15. Don't go hungry to a party

Chances are, you will get there and eat more than you planned. Most party food is of the "can't eat just one" kind, anyways, so you may scoff down thousands of calories of chips, nuts and drinks, before you are full. Have a protein rich snack before the party, be full and stay in control.

16. Floss after every meal

Say you normally eat 3 meals per day. During the holidays you may be busy cooking in the kitchen, wanting to eat leftovers, snacking on nuts. Keeping your teeth clean after meals will help you regulate your meal times, and stick to them, other than mindlessly nibble throughout the day.

17. Stay far from the table at parties

You are more likely to keep eating if you stay close to the food. Putting people and conversation between you and the food table will help you focus on conversation, fun and connections, rather than carbs and fats.

18. Work out twice a week

You might not have time for your regular gym schedule, but can you devote a couple of sessions a week to optimizing your metabolism and focusing on the body parts that you most want to keep in shape? Focus on your abs and your chest, or maybe your glutes and shoulders? Even 30 minutes of strength training a couple of times per week can keep fat from creeping onto your waistline!

We know you'll find our tips and tricks simple and effective to keep you healthy, fit, and sane during this wonderful holiday season!

Enjoy your holidays,

Galina and Roland Denzel

PS. Don't forget to print off the next page and stick it to your fridge, and even take it to the office.



Chill Holidays Fridge Poster

1. **Start your meals with protein** to fill up faster, avoid overeating, and burn more calories!
2. **Play like a kid** to stay active, burn more calories, and keep away from the food
3. **Choose a small plate when serving yourself** and naturally eat less without knowing it
4. **Take a walk or hike after each meal** to reduce blood sugar and improve insulin resistance
5. **Drink water in between alcoholic drinks** to dilute the damage, quench your thirst, and reduce the number of alcoholic drinks
6. **Get the smaller holiday latte** and cut out 250 calories and almost 50 grams of pure sugar
7. **Clean, chop, and shop more** and burn more calories than most people burn at the gym
8. **Keep cookies, sweets, & pastries in the fridge or cupboard out of sight**—out of site, out of mind, and people do indulge less when they can't see the treats
9. **Fill up on veggies** to stay healthy and full with less, plus improve your holiday digestion
10. **Get a massage** to reduce stress and emotional eating, fast food drive thrus, & mindless munching
11. **Send the leftovers home with your enemies** and avoid overstuffing yourself the days after the holidays
12. **Go for the pie filling** and skip the 150 - 200 calories on crust that's not that good anyway
13. **Sip red wine** instead of beer and sugary cocktails, saving calories and getting a boost of anti-aging resveratrol in the process
14. **Don't eat it just because it's a holiday treat**—Is that grocery store cookie any good or just a 3 out of 10? Save yourself for the treats that are truly a treat, like a slice of pie that's a 10
15. **Eat before you party** so you can enjoy the food there in moderation
16. **Brush and floss** after each meal. Clean teeth feel good and remind you that you're done eating, plus toothpaste numbs the taste buds!
17. **Stay far from the table at parties** where you're likely to mindlessly nibble and snack
18. **Make time to work out 2 times a week** whether it's running, lifting weights, or walking with friends.