

Holiday Health & Seasons Eating Newsletter 2024

Weighing In on the Holiday

Welcome to our 2024 Holiday Health Newsletter! The festive season from Thanksgiving through New Year's is a time of joy, but it can also be challenging for those managing weight, eating disorders, or dietary sensitivities. Remember my wonder team is available to help get you through the holidays successfully, I know how hard it can be. Here's how you can navigate these holidays with health and happiness:

Navigating Holiday Eating

- **Acknowledge the Challenge:** From Thanksgiving to New Year, celebrations often revolve around food, which can be daunting for those with eating disorders, carbohydrate intolerance, or insulin resistance.
- **Mindful Eating:** Holidays should be about enjoying time with loved ones, not just the food. Slow down, savor each bite, and listen to your body's satiety signals.
- **Avoid Isolation:** The pressure of family scrutiny can be overwhelming. Seek out supportive environments where you feel safe and understood rather than isolating yourself.

Strategies for a Healthy Holiday Season

- **Morning Exercise:** Kickstart your day with exercise. Studies suggest morning workouts can lead to better food choices throughout the day. Here are some simple exercises:
 - **Air Squats:** 3 sets of 10–15 reps
 - **Knee Push-Ups:** 3 sets of 5–10 reps
 - **Plank Holds:** Work towards one-minute holds
- **Boost Your Willpower:** Like any muscle, your willpower strengthens with practice. Building self-control in non-food scenarios can translate to better food choices during holiday gatherings.
- **Plan Ahead:** Bring a healthy dish to family gatherings or suggest new, healthier recipes to host families. Being proactive can help manage your food intake.

- **Set New Traditions:** Shift the focus from food to fun:
 - Participate in a holiday 5K run or walk
 - Host a family game night
 - Engage in a white elephant gift exchange
 - Take time for self-care like reading or a relaxing bath

Emotional Well-being

- **Thanksgiving Reflection:** Before eating, take a moment to give thanks, not just for the food but for the companionship and love around you.
- **Community Support:** If you're feeling overwhelmed, remember there are communities and meetings (like AA for those needing company) where you can find support during the holiday season.

Avoiding the Holiday Hangover

- **Stay Active:** Cold weather is no excuse. Indoor exercises can keep you moving and help manage your cravings.
- **Mind Over Matter:** Mastering self-control in everyday situations can make it easier to resist holiday temptations.

A holiday thought from my dear friend Dr. Shaffer:

"The holiday season is about creating memories, not overindulging. Enjoy your food, but remember, the real feast is the time spent with those you love."

**Wishing You a Very Merry Christmas and a Healthy New Year
from The Weigh Station!**

Best to you and yours,
Justin Lindsey, D.O.