# 7 Hacks to avoid the 5-10 lb weight creep during the holidays

1. Walk as much as possible

- Calling your mom? Do so while walking
- Just ate a big meal? Walk it off
- Have a connection at the airport? Walk around while waiting

2. Drink more water

- Have a water bottle within arms reach at all times

3. Prioritize protein

- Cottage cheese
- Chicken breast
- Turkey breast
- Greek yogurt
- LEAN ground beef
- Ground turkey
- Tuna
- Bison
- Salmon
- Shrimp
- Eggs
- Beef

4. Exercise consistently, even if it means doing something at home

- Out of the last 10 movies/tv shows that you've watched, how many have been at home? This is the perfect time to get a 20-30 minute workout in

5. Fast on big dinner days

- You know you'll be eating more than usual during holiday dinners…fast beforehand, eat a light breakfast/lunch or drink a high quality protein shake

6. Optimize sleep

7. Reduce stress

- Holiday season is a time where stress and anxiety can creep in. This stress/anxiety can lead to binge eating
- Best way to reduce stress? Give a stranger or someone you haven't talked to in awhile a compliment. This will make both of you feel better!