



## Physical Optimization: The Gift of a Healthy Holiday Season



The holiday season is great for spending time with friends and family, decorating and of course, all your favorite holiday foods. Unfortunately, these foods are not always the healthiest to eat. Office parties and family gatherings can make it very difficult to maintain your health during the holiday season, but not impossible. Creating plans to make healthier food choices and establishing a manageable workout routine will allow you to enjoy holiday treats without carrying those feelings of guilt. As a Warfighter, you must stay healthy and fit to fight and win, whether it's the holiday season or not.



*U.S. Navy Photos courtesy of Defense Visual Information Distribution Service (DVIDS)*

### Did You Know?

On average, Americans gain approximately one to two pounds during the holiday season. Research shows this weight tends to stick and accumulate over the years. With a little pre-planning, you can enjoy the holidays while avoiding any unnecessary weight gain.

Though taking necessary steps to eating more mindfully is a great start to keeping you Warfighter ready through the holidays, it isn't quite enough. Being able to have a planned exercise routine is key to ensuring you can give yourself the gift of peak well-being. Combining manageable food and workout plans is a sure way to help you stay healthy and physically optimal through this holiday season and into the new-year.

### Here are 10 Tips for Staying Holiday Healthy and Fit

- **Eat slowly:** Give your brain time to realize you're filling up.
- **Choose your favorites:** Only splurge on those feel-good foods you can't do without.
- **Have veggies and protein first:** This makes you feel fuller faster.
- **Be mindful of your portions:** Small plates equal smaller portions.
- **Give yourself time:** Wait 10 minutes to see if that extra serving is necessary.
- **Use technology to your advantage:** Make exercise appointments on your calendar.
- **Get a battle buddy:** Share your plan with someone able to keep you on track.
- **Park far away:** Turn that parking lot into an opportunity to burn some extra calories.
- **Traveling? Stay prepared:** Pack exercise clothes and identify places you can work out.
- **Sign up for a race:** Check out your local MWR Fitness program for potential races.