

Thanksgiving Survival Guide

*It happens every year.
Let's learn how to handle it and enjoy
the time with family and friends!*

- 1** **Pack Healthy Snacks For Traveling**
This is essential! Think, bananas, apples, grapes string cheese, almonds (pre-packaged), yogurt, trail mix.
- 2** **Try Not to Eat in Rest Stops or Airports**
This is a really easy thing to do, AND make an excuse for, because you're traveling. Rest stops and airports are not places where the food choices will be optimal. Make and bring sandwiches with you. It will save you money as well as calories!
- 3** **Thanksgiving Dinner**
Thanksgiving dinner can be a relatively healthy meal, it is truly an exercise in portion control. Think about it; turkey is a lean meat so 3oz is fine, there will likely be a vegetable such as green beans or salad available for you, and sides can be managed with your portion size (1/2 cup of stuffing or mashed potatoes is a healthy portion – the size of your fist is 1 cup, so half of that). If you're cooking, check out this **microwave apple recipe** that can absolutely serve as your delicious apple pie alternative for dessert.



4

Watch the Booze!

This is where you can really add a lot of empty calories without even knowing it. Just keeping a mental note of how many times someone is filling that wine glass for you – probably a good practice anyway right?

5

Plan Your Exercise

If you're traveling, stay in a hotel that has a gym and make a point to get up early and hit the treadmill or elliptical. Just 30 minutes each day will make you feel great, especially with all the food and drinks around you.

There are turkey trots EVERYWHERE on Thanksgiving Day. Sign up for one and let the success of the event that morning, take you through the day feeling good about yourself.

Thanksgiving is one day of the year.

Enjoy the day.

Enjoy your family.

*Let's take this holiday season one day
at a time!*