

## 7 Steps to a Festive and Fit holiday season:

### Set clear and achievable goals

- Start Small – think about realistic goals to keep your body moving without feeling overwhelmed by the ‘E’ word – Exercise.

### Hold your mindset accountable – Stay connected to your “Why”

- Remembering why you want to stay healthy—whether it's feeling good, being active with loved ones, or reducing stress—can keep you motivated when temptation or stress arises.

### Practice the 80/20 rule

- Focus on healthy choices 80% of the time and allow yourself to enjoy indulgences 20% of the time. This allows for flexibility without feeling deprived.

### Focus on movement, not just exercise

- Movement doesn't always have to mean a structured workout. During the holidays, opportunities for activity are all around, from dancing to setting up decorations or going for a walk after a meal.

### Find what you enjoy - Make it social

- The best way to stay motivated to exercise is to find activities you genuinely enjoy. Whether it's dancing, yoga, hiking, or swimming, pick something that makes you feel good. Focus on healthy foods you enjoy. Experiment with new recipes or healthy versions of your favorite dishes to make eating well more exciting.

### Avoid all-or-nothing thinking

- The holidays can make it easy to fall into the trap of thinking, “I've blown my healthy habits, so I might as well give up.” Instead, focus on progress rather than perfection.

### Track progress

- Keep a log to track improvements and stay motivated. Focus on how exercise and eating healthy makes you feel after doing it.

