

# 10 HOLIDAY HEALTH HACKS

*Rule the Holidays like a Boss!*



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# 1. BED TIME FOR DEVICES

- Let's be honest, we have become slaves to our devices. The always-on mentality creates a stressful environment, which affects both young and old alike.
- Plan on “retiring your devices” at a set time each day and do not use them until the next day. Alternatively, you can limit yourself to being on your device at specific times per day, for example, check and respond once in the morning, afternoon and evening for no more than 20 minutes.
- By “clocking out”, you will have time to connect with loved ones, read a book or find other creative ways to spend your time.



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## 2. STAY HYDRATED

- Plenty of drinking is indulged in over the holidays. Most of it will be a beverage that actually causes dehydration. Instead of one, order or request two drinks- make one water.
- Make it a point to finish both drinks before the next round is ordered, one of which will be, you guessed it, water!



Photo by [Brooke Lark](#) on [Unsplash](#)



## 2. FIBER UP

- Holiday food isn't exactly fiber rich and could lead to some digestion challenges.
- Fiber is a great way to not only stabilize blood sugar levels, it can also help curb cravings, as well as keep you digestive system in balance.
- Plan your daily fiber intake, whether it is taking a fiber supplement or some pumpkin seeds, chia seeds or hemp seeds, which are easily portable.

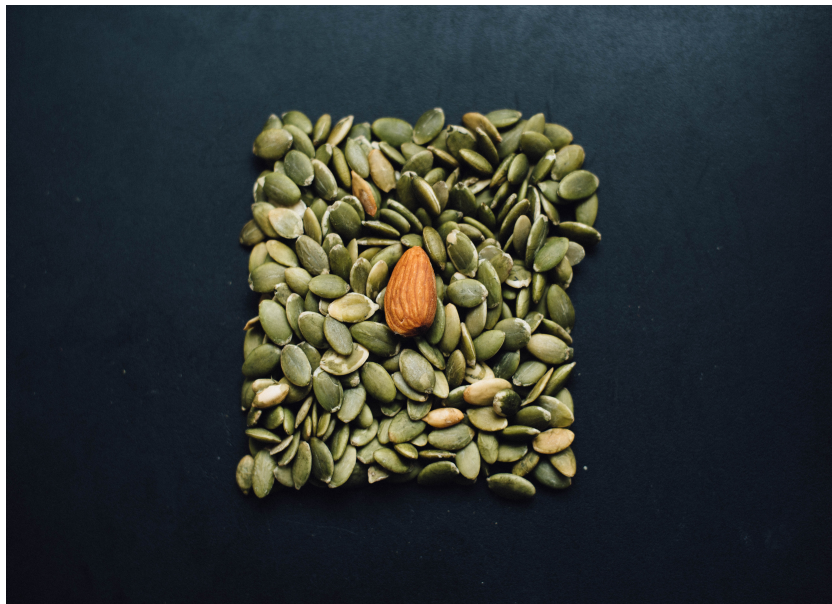


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## 4. TIME OUT

- Holidays are usually jam packed with events, family festivities and parties with friends.
- Time out for yourself is key, if only to catch your breath before the next soiree.
- Time for you can be as simple as a five minute breathing meditation or a 20 minute brisk walk.
- One of my favorite ways to have breathing space it to be the first one to wake up each morning even during the holidays, I get at least 10 minutes of me time before mayhem begins.
- Another way I unwind is being the last one to bed, again, the house is peacefully quiet and I get to journal without interruptions.



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## 5. FRONT LOAD YOUR PLATE WITH VEGETABLES

- Let vegetable sides shine on your plate.
- By filling your plate with vegetables there is a lower risk of adding extra helpings of calorie rich, nutrient deficient food.
- One of my favorite ways to front load is to always serve a green salad prepared with at least 5 other vegetables. Try this [Jewel Winter Salad Recipe](#) (on the website).



Photo by Edie Kazingizi

# 6. SAY, YES PLEASE!

- Whether it's decorating the outside of your house, cooking, baking or running an errand, take advantage of offers for help from visiting family members or friends.
- My absolute favorite “yes, please!”, is to offers to do the dishes and tidy up the kitchen after I have spent most the day (and day before) preparing food and cooking.



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# 7. TREAT YOURSELF

- What would the holidays be without favorite treats and indulgences?
- Everyone has their favorites, whether based on traditions or cravings. Treats are also a way we express appreciation and love.
- One way to avoid overindulging is to decide upfront what treats to have. Deciding on what treats to have, such as a favorite holiday pie or pudding, or a bite of each dessert you can enjoy without any guilt.
- My plan is usually to have a bite of each dessert. I like on my defined treat days, that way I sample everything without any pressure.



Photo by Food Photographer Jennifer Pajilan on Unsplash

## 8. GET YOUR GLOW ON

- Moisturize, moisturize, moisturize! This is both an inside and outside job. With increased water intake (see hack number 2 above), your body AND skin will thank you for the extra boost.
- I've spent holidays on both hemispheres and weather in both contributes to dry skin, (northern hemisphere cold winters and southern hemisphere summer heat).
- My go to for glowing skin are body butters which I whip up with all natural oils infused with essential oils like juniper berry and bergamot. The natural emollient and absorbable oils nourish and provide a barrier that prevents moisture loss from skin.



Photo by [Courtney Heister on Unsplash](#)

# 9. KEEP MOVING

- Exercise is one of the first things to fall off the list during the holidays. Once routines are out of kilter it's very easy to get out of the habit of normal gym or exercise plans.
- Get creative, try backyard soccer, join the kids in a dance off. A walk around the neighborhood is a great way to keep your muscles moving.
- If you're fortunate enough to have a gym with holiday hours nearby enquire about holiday passes, which can be complimentary or have a small fee.



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# 10. EXERCISE YOUR GRATITUDE MUSCLE

- Holidays can be filled with tension and stress, but ultimately, they are a time to gather with friends and family, a time to connect and a time to reflect on the many blessings life has to offer in spite of any challenges or obstacles faced.
- On reflecting on the positives, remember to say thank you to all your loved ones, express your gratitude affectionately and wholeheartedly.
- Also remember to thank restaurant servers, flight attendants, supermarket checkout attendants and many others who ensure that we get to enjoy the holidays. When they feel good, you feel good too, and there's no price you can put on that.



Photo by [Courtney Hedger on Unsplash](#)

# ENJOY THE HOLIDAYS!

I would love to hear from you to see how well you did with these tips for a healthy holiday!

Send me an email to:

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Talk to you soon!



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