



How To Skip The Holiday Weight Gain This Year

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Founder, CEO

- NASM, Precision Nutrition certified nutrition coach
- Ex CrossFit gym owner
- Helper of real people
- Husband and Cat dad



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Director of Nutrition Education

- PhD
 - Nutrition with a concentration in Exercise Science
- Registered Dietitian/Nutritionist (RDN)
- Quit tenured University position to follow this crazy dream :)
- CrossFitter, runner, yogi, strongman
- Mother of 2
- Passionate about health, nutrition and fitness





WHO WE ARE

Introduction to Stronger U

Nutrition coaching company

Change the way the world views food!

Started by Founder and CEO Mike
Doehla in April 2015

Served 40,000 members in 50+ countries

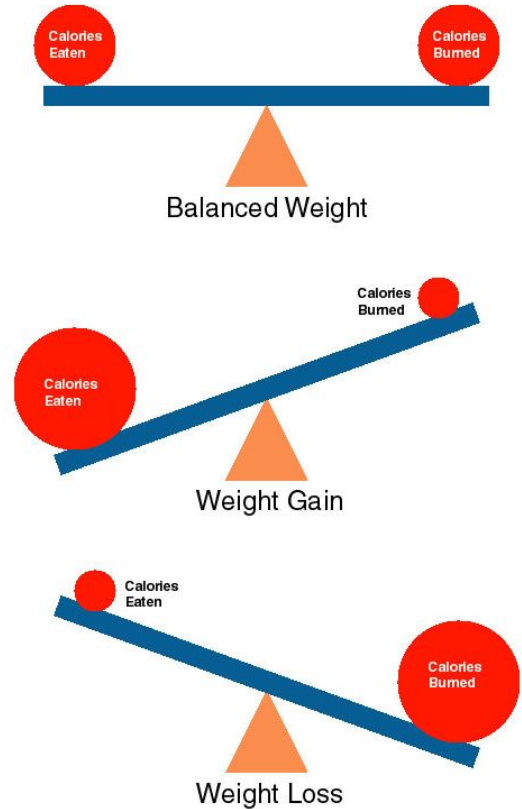
Topics We'll Cover

- Research on weight gain during the holidays
 - How much?
 - How long does it stay?
 - Why does it happen?
 - Best practices for prevention
- How to handle the holidays
 - Can you eat Grandma's cookies?
 - Handling all the extra temptations and events
 - Setting realistic expectations
 - Planning ahead



Nutrition Basics

Energy Balance



Diet	How It Works	Why It Works
Macro Counting/IIFYM	Track and eat a specific amount of each macro (carbs, fat, protein)	Creates a calorie deficit
Keto Diet	Eat almost 0 carbs, high fat and moderate protein	Creates a calorie deficit
Intermittent Fasting	Eat for only a certain number of hours per day	Creates a calorie deficit
Paleo Diet	Eat no processed food or dairy	Creates a calorie deficit
Low Carb Diet/Atkins	Eat high protein, moderate fat, low carb	Creates a calorie deficit
Weight Watchers	Eat a certain number of "points" that represent an amount of food	Creates a calorie deficit

Research On Holiday Weight Gain

Holiday Weight Gain

- Average of 0.88 - 1.54 pounds (0.4 - 0.7 kg)
 - Large variety in individuals
 - Highest weight gain from Dec 22-29
- Individuals who are overweight or obese
 - Tend to gain more
- Is retained over the following months
 - Accounts for at least ½ weight gained per year
 - Vacations account for much of the rest
 - Weight gain slowly over the years



Image:
<https://getrealhealth.com/holiday-weight-gain-takes-a-bite-out-of-fun/>

Why Does Weight Gain Occur?

- Energy surplus
- Energy intake
 - +~55kcal per day
- Energy expenditure
 - Does not appear to have a statistically significant impact

Changes In Food Intake

- Higher % of calories from fat
- Increased availability of highly palatable foods and alcoholic drinks



Image -
<https://www.tasteofthesouthmagazine.com/make-perfect-christmas-cookies/>

Research - Best Practices

- Self-monitoring (tracking)
 - Food, calories, fat, exercise
- Both groups were participating in a weight loss intervention
 - Weekly weight loss groups
- Intervention group received daily reminders to track
- Intervention group
 - Tracked more frequently
 - Lost more weight
 - Intervention group lost 2 pounds
 - Comparison group gained 2 pounds

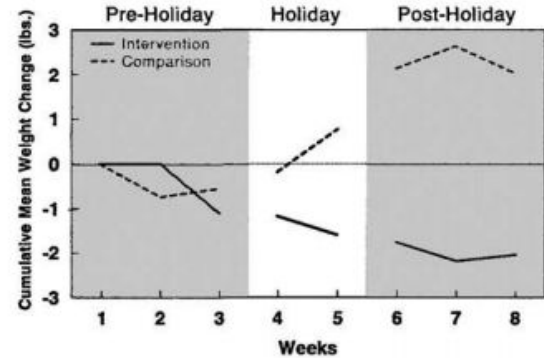


Figure 1. Mean cumulative weight change for intervention and comparison groups during preholiday, holiday, and postholiday weeks.

Tips for Holiday Success

Purpose of the Holidays

- Varies by individual
- Connect and celebrate with family and friends
- Not to eat all the food and drink all the drinks



HOLIDAY SURVIVAL GUIDE

framework for enjoying the holidays
tips to maintain progress
worksheets to help you stay accountable

Set Your Intention

- Your priorities and values determine your choices
- What does this season mean to you?
 - What does it look like and how important are the holidays to you?
- Define what success during this season would look like for you
- Set realistic expectations
 - Weight maintenance?
 - Weight loss?
 - Weight gain?

1
LETTUCE SET SOME
INTENTIONS

What does the holiday season mean to you? Is it a time to connect with family? Is it a time to enjoy meals with friends? Do the holidays play a big or small role in your life?

Your priorities and values in regards to the holiday season will determine your choices over the next few months. When you know what you're trying to achieve, you can come up with a plan to execute for your holiday season. **The first step to building your social calendar is to define what success looks like for your holiday season.**


Success may be losing weight throughout the holiday season. It may be NOT gaining weight during the holiday season. It might be enjoying time with your family and friends.

By taking a moment to determine what success looks like for you, you can reverse engineer the process and feel empowered in your decision making so you can have a fulfilling holiday season.

YOUR GOAL

FAT LOSS MAINTENANCE WEIGHT GAIN

DEFINE 'SUCCESS' FOR YOUR HOLIDAY SEASON



Fill Out Your Social Calendar

- What do your holidays look like?
- What events, parties, get togethers do you have coming up?

2

BUILD YOUR SOCIAL CALENDAR

On the next pages you will find calendars for the holiday months.

Take the time to write down all the events, work parties, dinners, family outings, birthdays, vacations etc. that are scheduled to come up throughout the next few months.

Ask yourself: will there be alcohol involved? Will you be served food? Can you bring a dish? Are you in charge of the meal? What's on the menu?

The more detailed you can be with this, the better.



NOVEMBER

1. Write down all of your events for November.
2. Rank them in order of importance. Which events will bring you the most joy and connection?
3. In the box besides each event put a T, an E, or an N. (T for tracking, E for estimate, N for no tracking)
4. Limit yourself to one to two no tracking days per month.
5. As you go through the month, put a checkmark beside each event where you followed through.

NOVEMBER EVENTS

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

NOVEMBER

YOUR MONTH IN REVIEW

Take a moment to look back on November. Take the time to celebrate what you did well, determine what you can do better moving forwards, and move into the next month with confidence.

WHAT IS ONE THING YOU LEARNED THIS MONTH?

WHAT ARE YOU PROUD OF DOING?

WHAT EVENTS DIDN'T GO TO PLAN? WHAT COULD YOU DO DIFFERENTLY NEXT MONTH?

WHAT IS YOUR INTENTION MOVING INTO DECEMBER? WHAT WOULD SUCCESS LOOK LIKE FOR YOU?

"Get out the calendar and look at all the events I have planned for the month. Narrow down the ones that I feel may be "worth it" to not track but instead make choices, eat/drink mindfully, and own all consequences on the scale the next day. The allows me to narrow down these times to happen less than more often. For the other events that may not really be "worth it", I plan to eat before or after I go, keep a drink in my hand (seltzer, water, diet soda) and stay social AWAY from the food, drinks and desserts."

-Coach Syndi

Guidelines for Each Event

- Choose which events are most important
- Develop a plan
 - Before, during, after
 - Based on YOUR holiday season goals



3

SET GUIDELINES FOR EACH EVENT

Determine what success will look like for each event. Look at your overarching goal. How can you reverse-engineer your holidays to be successful?

There are three options you can take for each situation.

- TRACK EVERYTHING
- LOOSELY TRACK
- NO TRACKING

When it comes to no tracking, set a limit of one or two events. Choose the events that bring you the most joy and connection. Generally, these are the events that you celebrate every year and cherish.

When you know what success looks like for each event, it's much easier to follow through. Tracking will help you stay on track with your fat loss goals. However, having the choice to track certain events and not track others can make it easier to follow through.



STRONGER U NUTRITION

TEN TIPS FOR
SUCCESS

Tip 1 - Eat All the Vegetables

- Load up your plate with veggies!
- If there are salads, greens, or another vegetable dish, aim to have half your plate be vegetables.

"My tip is to always first survey the food options without a plate in hand. Locate the protein sources first, find the carbs that are worthy, see if veggies exist, and then debate on the endless array of desserts and beverages. Once you have an idea it's time to grab your plate. I typically will create a wreath shape around my plate by adding small scoops of various dishes I've determined worth it, then I pile my protein in the middle and enjoy"

- Coach Katie



Tip 2 - Use Your Hands To Track Portions

- You don't have to bust out your food scale at the holiday party
- But you still want to be mindful of the amount you are eating
 - And some of you may want to track
- Use a hand guide to determine your portions
- If you are tracking your food, keep in mind that there is a lot of added butter, sugar and oil in holiday dishes



1 cup
Fist



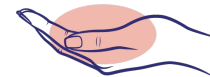
1 tsp
Fingertip



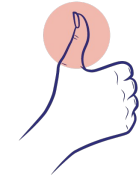
3 oz meat
Palm



1 tbsp
Poker-chip-size circle
in palm of hand



1 to 2 oz meat
Cupped hand



1 oz meat or cheese
Thumb

Image - <https://www.weightwatchers.com/us/blog/food/portion-size-estimator-tool>

Tip 3 - Set Boundaries Around Alcohol

- Set a drink limit for yourself
 - It can be easy to go overboard
- Excessive alcohol can lead to
 - More cravings for food
 - Impaired decision making
- Alcohol has calories too!
- Even one drink impairs sleep

"BYOB – Bring Your Own Beverage

Don't assume your host will have exactly what you like to drink or even anything non-alcoholic. Plan to bring your own beverage so you already have one less decision to make. I suggest a "mocktail"; meaning a drink that is meant to mimic an alcoholic style drink but nonalcoholic and no/low-macros."

- Coach Tracie

Pictured - Cranberry, ginger mocktail



Tip 4 - Don't Show Up With An Empty Stomach

- Excessive hunger can lead to overeating
- Eat filling, lower calorie foods earlier in the day
 - Lean proteins, vegetables
- Pre-party snack might be helpful
 - Big salad or bowl of soup



<https://cooking.nytimes.com/recipes/1021055-quick-pickled-vegetable-salad>

Tip 5 - Have Non-Negotiables

- Choose some other non-negotiable health behaviors to focus on
 - Especially if you are being more relaxed with eating
- Examples
 - Walking 10,00 steps per day
 - Sticking to your training program
 - Drinking your water daily
 - Daily meditation
- Choose what you will prioritize



<https://runsignup.com/Race/AZ/Buckeye/VerradoTurkeyTrot>

Tip 6 - Put Your Food On A Plate

- Mindlessly grabbing cheese from the cheese tray can add up!
- Put your food on a plate before you eat it
 - Mindful of serving sizes
 - More purposeful about what you choose to eat

“Commit to plating your food. Don't stand at the buffet line or app tables gabbing and picking, picking and gabbing. Always plate your food, sit down, and eat like you would a normal meal. Then, practice the pause. Sit, talk with others, let your body realize it's actually satisfied. Remember this time of year is about family and friends and appreciating what you have. Make that the emphasis of your celebrations!”

- Coach Kate Marsh

Tip 7 - Don't Forget to Sleep

- Most adults need 7-8 hours of sleep per night
- Sleep
 - Reduces hunger
 - Reduces stress
 - Allows for better decision making



<https://thesleepdoctor.com/2018/12/08/holiday-sleep-secrets-from-the-sleep-doctor/>

Tip 8 - Remember: There Is Always More Food

- The food will be there tomorrow
- There will be more turkey, more cakes, more charcuterie, more mashed potatoes
- There's no need to treat every meal like it's your last

"Bread/rolls are always available and not worth the extra calories during the holidays. They are a filler. Pass them by, leave them on the table or just don't buy them."

- Coach Michelle W

Tip 9 - Make It Fun

- You know what's fun?
 - Enjoying a meal with family
 - A delicious meal
 - Feeling great the next day

- What's less fun?
 - Eating too much
 - Feeling uncomfortable
 - Feeling less than great the next day

My tip for the holidays is to maximize the time you spend with friends and family through playing games and being more interactive. It's way more fun to be engaged in activity than just sitting where drinking or eating is the main activity.

- Coach Gianna



Tip 10 - Be Kind To Yourself

- Holiday seasons have their ups and downs
- If you make a mistake, have too many drinks, don't follow through on something
 - It's OK
- Instead of shame
 - Reflect and learn
 - What did you do well?
 - What will you do differently next time?
- Use the experience to guide future decisions

"Enjoy the day and eat whatever you want but remember holiDAY is one DAY. At the end of the day before you go to sleep, plan the next day out in MyFitnessPal. Planning your day out the night before reduces temptation, cuts down on the amount of choices you have to make and adds an extra layer of accountability to keep consistent."

- Coach Tom



Tying It All Together

In Summary

- Many people do gain weight over the holiday season
 - Tends to stay with you
- You can set realistic expectations and have goals for this time
 - Determine your intentions for the holidays
- Make a plan
 - Look at your holiday calendar
- Create guidelines
 - Based on your goals
 - Self-monitoring is key but may look different for each person



Looking for support?

- Awareness and accountability are key for making changes
- Get an objective look at your habits
- Envision and achieve success!



Thank You!

Looking for more information?

info@strongeru.com

<https://strongeru.com/>