Fitness Tips: Staying Healthy During the Holidays

By Melissa Lee

The holiday season is all about family gatherings, giving (and receiving) gifts, and *food*! Regardless of what you celebrate during the holidays, there is bound to be a ton of delicious food that seems almost impossible to resist. If you find yourself having a difficult time staying healthy during the winter season, don’t stress too much. We’ve got you covered with a few ways to look (and feel) your best!

Check out these fitness tips on how

to stay healthy this holiday season!

1. Stay hydrated: this is just a general, every day fitness tip, but water is super important. This becomes even more crucial if you are traveling a ton, especially if you're flying. Make sure you are drinking plenty of water on the days you spend the bulk of your time on a plane, train, or bus. Plus, when someone offers you an alcoholic beverage or sugary drink or dinner, turn them down and opt for a glass of water instead. It's a great way to avoid consuming empty calories.

2. Skip dessert: although it's completely justifiable to sneak a cookie or two post-family dessert, try not to go too over board. After a huge holiday dinner, eating too many desserts can simply lead to unnecessary weight gain and just feeling awful the next day. If there's any fruit, try to stay near the healthier options instead of sampling every cake available.

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3. Snack wisely: when traveling, staying healthy might not be on the very top of your priority list – trust us, we get it. But when you're at the train station or airport, instead of stopping at a chain restaurant for a sugary snack filled with calories, pick up something healthier and equally sustainable like a granola bar. This small tip will most definitely go a long way, plus it's a great habit to have!

4. Rest up: the holidays can very quickly become a very stressful and busy time, so it's important to take some time for yourself. Enjoy your time off by having a few moments just for you. Take a relaxing bath or shower or even take a walk on your own. Small things like this are beneficial for both your mental and physical health!

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5. Stop yourself from overeating: even though all the food at dinner will be absolutely delicious, try your best to avoid overeating. Remember that overeating can certainly lead to being bloated, and a difficult mental state will prevent you from feeling good. It's okay if you want to sample a little bit of everything, but pay attention to how full you're becoming.

What are some of your tips for staying healthy during the holiday season? Share your thoughts below.