

When the Dust Settles



Tami Racaniello
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This is it! The starting gun has gone off and it's officially the holiday season. Thanksgiving is now behind us, to be followed by the never-ending parade of holiday parties, and of course the actual holidays (insert observance of choice here), which end at the finish line of New Years Day. When you cross that finish line where will you be?

There is a lot of discrepancy as to how much weight one actually gains during the holidays but that's not the point. The point is how much will you gain? There will be parties and networking galore, with overflowing plates and glasses of food and drink. We tend to give ourselves permission this time of the year to overeat, or eat things we normally would not because "It's the holidays, so it's a special occasion". Guess what? Thanksgiving to January 2nd when reality kicks in is a grand total of 35 days! – 35 potential special-occasion days. And on New Year's Eve as we toast with numerous glasses of calorie-laden beverages, eating plates of food and sweets that before Thanksgiving would have seemed a bit too much, we make our New Year's resolutions to lose weight, and get into better shape. Re-read that sentence again, please!

For the record, I am not a party pooper (I'm actually a lot of fun-Get to know me, I can even make diet and exercise fun!), and I'm not the food police. I'm just asking you to eat mindfully, plan out your food on party days, and to remember that this time of the year there's a cookie around every corner just waiting to jump

out at you. Polite refusals of food are also acceptable, and if someone insists, take it, and eat very slowly or feed it to the nearest pet (only kidding on that one). Actually, learning slight of hand tricks with napkins is a fun thing to do, and it's amazing how much food one can hide if you try.

Basically if you work on the 80/20 principle during the holidays, of 80% healthy food to 20% party foods (that includes alcohol), it's a good balance. If anyone needs further clarification with that, or has any other food questions, contact me. A phone consultation is my holiday gift to you.

So when you've crossed the holiday party finish line, and the dust settles on January 2, will you be feeling overweight, and experiencing a lack of energy? Or will you be in good shape, and ready to start off the New Year?

Have a wonderful December and enjoy the company of family and friends. Still looking for that special gift? Give the gift of health with a gift certificate for a private training session (strength, yoga, or Pilates), a nutritional counseling & supermarket tour package or raw food prep class. For the record, I do like really good quality dark chocolate, but the best gift is knowing all of you.

Remember to use that free gift from me. Having a coach or someone to call for support can make all the difference. I can get you on the road to being in the best shape of your life (even during the holiday season). Peace, blessings, health and happiness.

Tami Rac, Health Empowerment Coach
Let me show you how to make a healthy lifestyle easy! <http://ItsTimeToGetFit.com>
631-793-1945