



KEEPING UP ROUTINE

It's easy to completely derail healthy habits during the holiday season. Keeping up a routine seems impossible when your days are filled with events, to-do's, indulgent food and minimal daylight hours. Keeping a solid routine can help you stick to your commitment to wellness. Read on for some helpful tips!



- Keep your regular scheduled eating routine. No one expects you to pass up pie and eggnog, but completely skipping meals between holiday parties can lead to overindulging and feelings of food guilt. Besides, eating to satisfy hunger feels different than eating to savor and enjoy foods. Eat nutritious meals before gatherings centered around food so that you can enjoy the flavors of the season.
- Keep a gym bag packed in your car. Traffic can deter many from hitting the gym this season. The hustle and bustle of holiday shoppers can bring out the worst in people. Having a gym bag packed and ready to go can ensure you won't skip that stop (or get you prepared for your sweaty home workout).
- Don't beat yourself up about skipping a workout or over-indulging. Dwelling on it can put a damper on your momentum to just get right back on track. It is not necessary to do double the workouts because you've missed a day, and a workout should never be a punishment for enjoying food. Getting back on track should be made easy!
- Maintain your sleep schedule. Shorter days and cold weather may leave you not wanting to get out of bed but it is important to keep a regular rhythm of sleep – even on weekends when you're allowed to sleep-in. Believe it or not, alcohol might make you sleepy, but it is ruining your quality of sleep. Try to avoid drinking before bedtime to catch more restful ZZ's.

