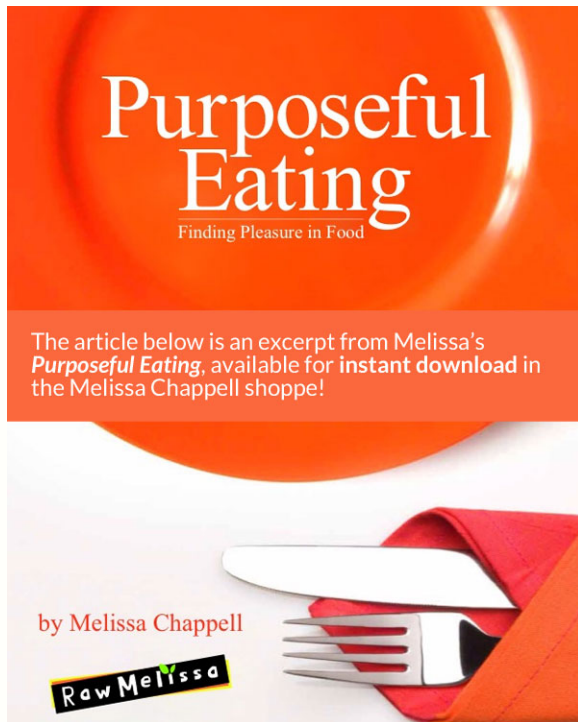


## Eight Ways to Avoid Gaining the Holiday 10



The article below is an excerpt from Melissa's *Purposeful Eating*, available for instant download in the Melissa Chappell shoppe!

I find it sad that when the holidays roll around, people just assume they are going to gain the "Holiday-Ten" – those ten pounds of chocolate, sugar cookies, fudge, etc. So we try really hard to make resolutions and rules to counteract this by doing unwise things like starving ourselves at breakfast so we can eat all we want at the party tonight, or by eating the plate of cookies in lieu of lunch.

When our approach to holiday eating comes with illogical rules and parameters, trust me, we're going

to break them. Let your holiday eating be more fluid. Here are some tips to keep you feeling good, emotionally and physically, during the holidays.

- 1) Make sure to take care of yourself through the holidays by eating a good breakfast: a green smoothie, some oatmeal, a farm egg omelet.
- 2) There's a lot of stress that comes with holiday preparations. Take a couple minutes each day to meditate. Pick one beautiful and relaxing instrumental song (Chevaliers de Sangreal by Hans Zimmer is one of my favorites for getting into the calm zone) and hold still and be quiet and breathe for those four minutes.
- 3) Commit to giving everyone holiday food instead of holiday treats. One year, a friend of mine made a big pot of soup and then gave a couple quarts of it and a loaf of artisan bread to all her friends as gifts. It was a welcome change from the plates of cookies.
- 4) When you're at holiday parties, spend a lot of time first filling up on the vegetables and other foods that really feed and nourish you, and then go for the treats.
- 5) Also, at parties, get a plate of treats so you can try them all (because you know you want to), but share them with your friends and family and savor each bite so you get satisfied.

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6) If you eat six brownies by accident, it's not the end of the world. Go for a walk and then make a green smoothie. You'll be fine. Don't beat yourself up. Rethink purposeful eating and move forward in that positive energy.

The holidays are such a part of us. I can't bring myself to reduce the traditions of my mother and my grandmother to calories and fat. They are my culture, my heritage, my life. Allow yourself this, while also allowing yourself to really care for and nourish your body.

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