|  |  |  |
| --- | --- | --- |
|  | **Tip:** | **Picture**: |
| **Week 1:** | **Going to a holiday party?**  During the holiday season, we tend to go out more and are tempted with things we may not normally eat.  **Here are some tips to help you stay on track:**   * Offer to bring a healthy dish with you * Don’t go hungry * Lead up on the raw veggies * Don’t stand near the food tables * Carry water with you at all times |  |
| **Week 2:** | **Don’t get stuck in the pumpkin spice latte trap?**  Of course, pumpkin anything is delicious! The flavored coffees however are loaded with sugar and fat. For instance, a grande pumpkin spiced latte is 380 calories, 49 grams of sugar & 13 grams of fat. **That’s over 12 teaspoons of sugar in one drink!**  **Check out our website for some delicious pumpkin recipes!** |  |
| **Week 3:** | **How do you stick with healthy eating when the office kitchen is covered with holiday treats?**  Make sure you plan ahead and bring lunch and snacks with you. The moment of weakness comes when you are hungry! Consider raising money for a charity instead of bringing in all the holiday junk food!  **Tip**: Drink lots of water. Bring in your own healthy treats such as pumpkin protein pancakes, fall flavored greek yogurt or pumpkin spiced RX bars! |  |
| **Week 4:** | **Schedule Your Time to Sweat!**  It’s extra important to make time for the gym when we are going out to eat and having a few more treats than normal. Of course, you can’t out-exercise a bad diet but this could help you stay on the right track.  **Tip:** Plan ahead! If you know you have a holiday party on Friday night, get in the gym Monday- Thursday or try to go in the morning on Friday. |  |