



## Handling Holidays, Vacations, and Special Events

**Many people find it hard to eat less and stay active during stressful times like holidays, vacations, and special events.**

**Here are some tips:**

**Plan pleasures other than food or drink.**

- Plan the kind of holiday, vacation, or special event that you want.
- Think about what you might like to do to stay active. Can you make that a part of your holiday, vacation, or special event?

**Hold a family meeting ahead of time.**

- What did we like or dislike about our last holiday, vacation, or special event? What will we do this time?
- How will we handle food and eating out?
- Can we find a fun way to all be physically active this year?
- Get the family to agree not to nag you about your eating or activity.
- Talk about ways your family can help.

**Have reasonable expectations.**

- Keep track of your eating and how active you are.
- Weigh yourself often. But don't forget, scales differ.
- Plan to maintain your weight.
- Let go a little. Eat something special. (Choose the best option. Have a small portion.)
- Be a little more active.

**If you tend to be tense during holidays, vacations, or special events:**

- Avoid long periods when you're doing what others want and not what you want.
- Plan daily times to relax.
- Plan breaks often while driving long distances.

**Decide what you want to do about alcohol.**

- Drinking may lower self-control.
- If you drink, remember to track alcoholic beverages in the WW app.

**Build in ways to be active.**

- Park further away and walk when doing holiday errands or sight-seeing.
- Look for seasonal ways to be active that can become traditions.

**Prepare for friends or family you haven't seen in a while.**

**Plan to enjoy yourself after holidays, vacations, or special events.**



It's common to neglect healthy eating and being active during the holidays, a vacation, or a special event. **One reason is too much to do in too little time.**

To help manage your time, take a minute to reflect on your priorities. Despite the challenges, healthy eating and being active are possible during holidays, vacations, and special events. The key is to plan ahead.

## **Make Time for a Healthy Lifestyle During Holidays, Vacations, and Special Events**

***Think about the list of statements below. During holidays, vacations, and special events, which of these behaviors do you neglect?***

- Keeping track of what I eat
- Keeping track of my activity
- Doing physical activity
- Cooking foods with low points in the WW app
- Planning ahead for when I eat out
- Talking back to negative thoughts
- Changing problem cues (food, social, or activity cues)
- Adding helpful cues (food, social, or activity cues)
- Problem solving what gets in the way of my healthy lifestyle goals



**What are some ways that you can:**

*Cut back on activities/traditions that are less important to you?*

*Streamline your healthy eating/physical activity habits?*