



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?