



Wellness

Healthy Holiday Program

Do you struggle with maintaining healthy habits during the busy holiday season? You're not alone! Keep your wellness in check with this 14-Day Healthy Holiday Program. This plan is designed to keep you on track, stress less, and provide extra encouragement along the way. Each week you can enjoy healthy holiday-approved recipes, mindful eating and hydration tips, gratitude meditations, and quick workouts to cope with stress and help you feel your best during the holidays.

This program includes: Nutrition, fitness, and mindfulness

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Protein Pancakes (Recipes) 2 min	15 Minute Mission (Toning) 16 min	Roasted Acorn Squash (Recipes) 2 min	10 Rep Challenge (Toning) 13 min	50/50 Mashed Potatoes (Recipes) 2 min	Apple Cinnamon Muffins (Recipes) 2 min	Core Countdown (Core Training) 11 min
	OR	OR	OR	OR	OR	OR	OR
	Breakfast: Start Your Day Right (Nutrition Education) 2 min	Gratitude Meditation (Mindfulness) 5 min	How To Master Portion Control (Nutrition Education) 3 min	Finding Stillness (Mindfulness) 17 min	Alcohol – What It Does To Our Body (Nutrition Education) 5 min	Salted PB Chocolate Pretzel Cookie (Recipes) 2 min	Mindful Breath Medi- tation (Mindfulness) 11 min
WEEK 2	Chia Pudding Parfait (Recipes) 1 min	Quick Ignition (Cardio) 10 min	Butternut Squash Kale Salad (Recipes) 3 min	Double Duty (Toning) 10 min	Roasted Carrot Soup (Recipes) 2 min	Tahini Hot Chocolate (Recipes) 2 min	Core (Core Training) 10 min
	OR	OR	OR	OR	OR	OR	OR
	Importance Of Hydra- tion (Nutrition Education) 3 min	Mindful Meditation (Mindfulness) 17 min	Nourishing Vs. Eating (Recipes) 9 min	Body Scan Meditation (Mindfulness) 16 min	Supporting Your Me- tabolism (Nutrition Education) 9 min	Cookie Dough Balls (Recipes) 2 min	Loving-Kindness Med- itation (Mindfulness) 12 min