

¹Getting Back On Track After Thanksgiving

Are you planning a “cheat day” on Thanksgiving? Some of this, some of that. If so, go ahead – and enjoy it. That’s right – I said go ahead. Enjoy your favorite foods and special time with family and friends. On Friday, be ready to get back on track.

The biggest mistake that a lot of us make when overindulging on Thanksgiving Day is that it leads into a ten day free-for-all. It’s easy to slip into an “I’ve-already-blown-it-why-not-just-keep-going” attitude. You keep eating and eating, and exercising less because you feel like a big sack of water. You can eat and enjoy Thanksgiving without turning it into a week or month of careless eating. Here are a few tips to get back on the wagon after Thanksgiving:

- 1. Have a plan:** I’ve said it before, you must have a plan. This includes nutrition and exercise and it is especially important if you are traveling. (That means – plan for exercise and if you don’t suspect there will be anything healthy around for you to eat then pack your own.) If you have multiple Thanksgiving celebrations spread out over a few days, I suggest planning your cheat day and then carefully selecting what you eat at the others.
- 2. Start the day after Thanksgiving with plenty of water and a healthy breakfast:** Your body might feel out of whack after all those extra carbs and sweets, you could be craving more when you wake up Friday morning. Drink plenty of water first thing and eat a healthy breakfast packed with protein and veggies. Have your coffee or green tea. Get back on track right then and there, and after a few hours those cravings will go away.
- 3. Work it out:** A workout the day after will help get you back on track. Do whatever works best for you. Some people will prefer to go all out with a hard interval workout, while a brisk walk will do just fine for others. If you are traveling make sure you take some time for this, whether it is going for a walk with the in-laws or working out in your room before the day gets started. Just do something!
- 4. Don’t let unhealthy leftovers linger:** If you are hosting Thanksgiving or making a few dishes, try to get rid of all those leftovers that do not fit in your nutrition plan. Have some to-go plates ready for all of your guests so everyone can take a little of that delicious pie with them instead of leaving you with all of it. If you have healthy leftovers that fit into your plan, that’s a bonus! Plan a few meals around those and be creative! (Or how about this – try making a few healthy dishes so you CAN eat them after Thanksgiving!)
- 5. Eat well now and get your workouts in:** If you know that you will be enjoying a delicious slice of grandma’s pie and a large serving of mom’s homemade mac & cheese, be mindful to eat even a little better than normal. Be sure to get in all of your scheduled workouts and make at least one or two of those a little more challenging than normal. You could even plan a fun workout for Thanksgiving morning – maybe a run with family, or outdoors tag with the kids.

Thanksgiving is the perfect time to remember how thankful we should be for our health, family, friends, food on the table, and a roof over our heads! Enjoy the day, have a plan and be in control!

¹ <http://dragonflyfitnesstraining.wordpress.com/2012/11/18/backontrackafterthanksgiving/>