



# Holiday Wellness *Planner*



**Your Guide to a Balanced and Joyful Season**

## 1. Staying Energized Through Busy Days

### Quick Energy Snacks:

Aim to include protein for sustained energy.

- Nuts + fruit
- Lupini beans
- Veggie sticks + hummus



### Daily Energy Check:

How are you feeling?

Rate your energy each day (1 = low, 10 = energized).

1	2	3	4	5	6	7	8	9	10
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## 2. Mindful Eating During Festive Meals

### Savor Every Bite:

Chew slowly and focus on the flavors and textures of your food. Put your fork down between bites to stay present.



### Focus on the Experience:

Turn off distractions like TV or phones during meals to fully enjoy your food and the moment.

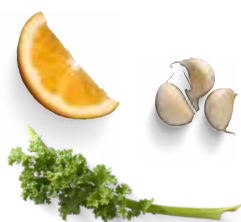


## 3. Keeping Your Immune System Strong

### Top 3 Immune Foods:

Include vitamin C-rich foods in your meals.

- Citrus fruits
- Garlic
- Leafy green



### Water Tracker:

Aim for 8 glasses of water a day.

1	2	3	4
5	6	7	8



## 4. Reducing Holiday Stress Through Nutrition

### **Relaxation Routine:**

Take 5 minutes after each meal to breathe deeply and relax.



### **Meal Prep Tip:**

Plan easy meals for the busiest days to avoid stress.

- Overnight Oats
- Wrap or Sandwich
- Leftovers Bowl

## 5. Making Time for Self-Care and Wellness

### **Daily Self-Care Habit:**

Schedule 10 minutes of "me time" every day.



### **Sleep Tracker:**

Get 7–8 hours of sleep by sticking to a schedule, relaxing before bed, and creating a quiet, dark sleep environment.



## 6. Enjoying the Holidays Guilt-Free

### **Enjoy Your Favorite Treats:**

Pick 1 holiday treat to savor without guilt.

- Gingerbread Cookies
- Apple Pie
- Pumpkin Pudding

### **Positive Affirmation:**

"I can enjoy the holidays and stay balanced."



## 7. Staying Active Amidst the Festivities

### **Mini Workouts:**

*15 minutes of activity each day*

- Walk
- Stretch
- Dance
- Yoga



### **Family Fun Movement:**

*Include a fun activity with family or friends*

- Hike
- 5K Fun Run
- Ice Skating



## 8. Fostering a Positive Relationship with Food

### **Gratitude Practice:**

*Write one thing you're grateful for about food each day.*



### **Joyful Cooking:**

*Turn meal preparation into a fun activity by playing music or trying a recipe you've always wanted to make.*



## 9. Envision How you Want to Start the Year

### **Simple Goal Setting:**

*What's one wellness goal you want to achieve in January?*



### **Restore Your Vitality:**

*Experience detoxifying your body in a whole new way while eating real, with **Starkel Nutrition Detox Cleanse Online Program***



## Plan for a Healthier, Happier Holiday Season

The holiday season doesn't have to be a time of stress or frustration when it comes to your health. By planning ahead, you can enjoy the festivities, stay energized, and maintain your health and wellness goals without feeling deprived or overwhelmed.

At Starkel Nutrition, we're here to help you navigate the holidays in a way that works for you. Whether you need tips for meal planning, stress management strategies, or guidance on how to make mindful choices, our team is here to support you. Ready to make this holiday season your healthiest yet? Reach out to us today to schedule a consultation, and let us help you create a nutrition plan that fits your lifestyle and wellness goals.

**Wishing you a joyful, balanced, and vibrant holiday season from all of us at Starkel Nutrition!**

**Bonus Tip:** The key to a successful holiday season is planning ahead and staying connected with your provider. Be sure to schedule your appointment this holiday season to get personalized tips, festive recipes, and strategies to keep you feeling your best all season long. Let us help you stay healthy, happy, and stress-free through the holidays!

**Call us today:** 206-853-0534

**Email us:** [admin@starkelnutrition.com](mailto:admin@starkelnutrition.com)

**Reach out here:** [www.starkelnutrition.com](http://www.starkelnutrition.com)

Stay tuned for our special series of five mini-newsletters coming soon! Each one will feature tips, gift ideas, and recipes to help you celebrate the season with health and joy.