

THANKSGIVING DAY SURVIVAL GUIDE

A lot of Thanksgiving Day survival guides out there are going to recommend that you stay away from the sweets and only focus on the healthier foods...oh and don't forget NOT to over eat.

(The average person will consume 3000-5000 calories during the Thanksgiving Day FEST)

But let's be REALISTIC here. We are all going to have a good time and stuff our faces on Turkey Day.



BUT...there are a few things you can do to beat the bulge and not wake up on Friday with a massive hangover:

Survival Tip #1



Start the day off right. Run, walk, jump rope, lift weights, do anything you like as long as you break a sweat. If you exercise in the morning, you'll be more mindful of what you eat for the rest of the day.



Survival Tip #2



Eat only what you LOVE. Is that sweet roll worth its weight in calories? Probably not. But is Aunt June's famous pecan pie worth every bite... you bet it is!



Survival Tip #3



Wear something form fitting. By doing this, you will hold back on how much you consume because nobody likes their muffin top popping over the top of their pants.



Survival Tip #4



Drink more water the day of and the day after. Not only does it hydrate you, but water flushes the body of toxins and helps you feel full.



Survival Tip #5



Load up on the PROTEIN! If you're feeling especially healthy, eat only the leaner white turkey meat instead of the dark meat that has more calories and fat.



Survival Tip #6



Alcohol – For every adult beverage you consume, drink a glass of water. 1 beer = 1 water, 1 wine = 1 water, 1 shot = 1 water. I think you get my point. This will help in slowing down your rate of drinking and keep you hydrated to fight off the Friday hangover.



Survival Tip #7



Forget about the left overs. Once the big day is over, it's time to get back on track. Don't set yourself up for failure by grabbing a few extra pieces of pumpkin pie for the next day.



And remember to enjoy the time you have with your friends and family on this holiday!

