

5 Tips

to stay on track this
Holiday season



2-3 Days of enjoying food with the people you love won't make you fat. Continuing to binge afterwards, will.

Implement these 5 Tips to stay on track this Holiday season.



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Drink your Water

Make sure you stay hydrated during your holiday festivities. This will help minimize cravings & help digestion.



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**Prioritize 20 minutes of
movement**

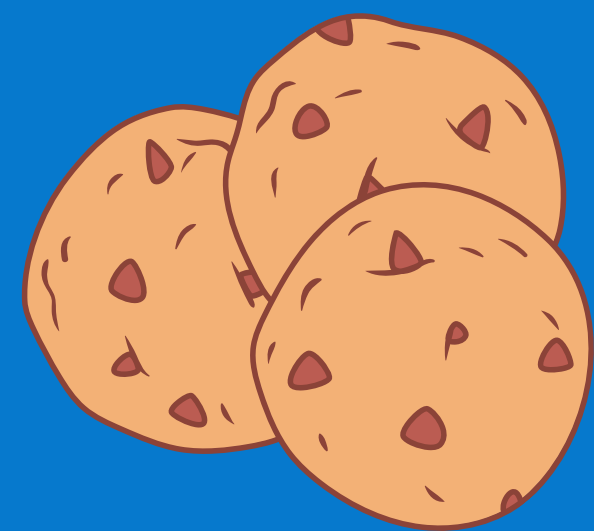
**to help with digestion after eating
larger meals.**



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Eat 2-3 balanced meals

throughout the day to minimize binge
eating



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Freeze the Treats

Out of sight- Out of mind



Stock up on Healthier Alternative snacks

Head to Nutrition page to download
PDF list

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**Are you ready to make
yourself a priority this
New Year?**



Good News


Mind & Body by Temple is now accepting new clients for 2023

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