

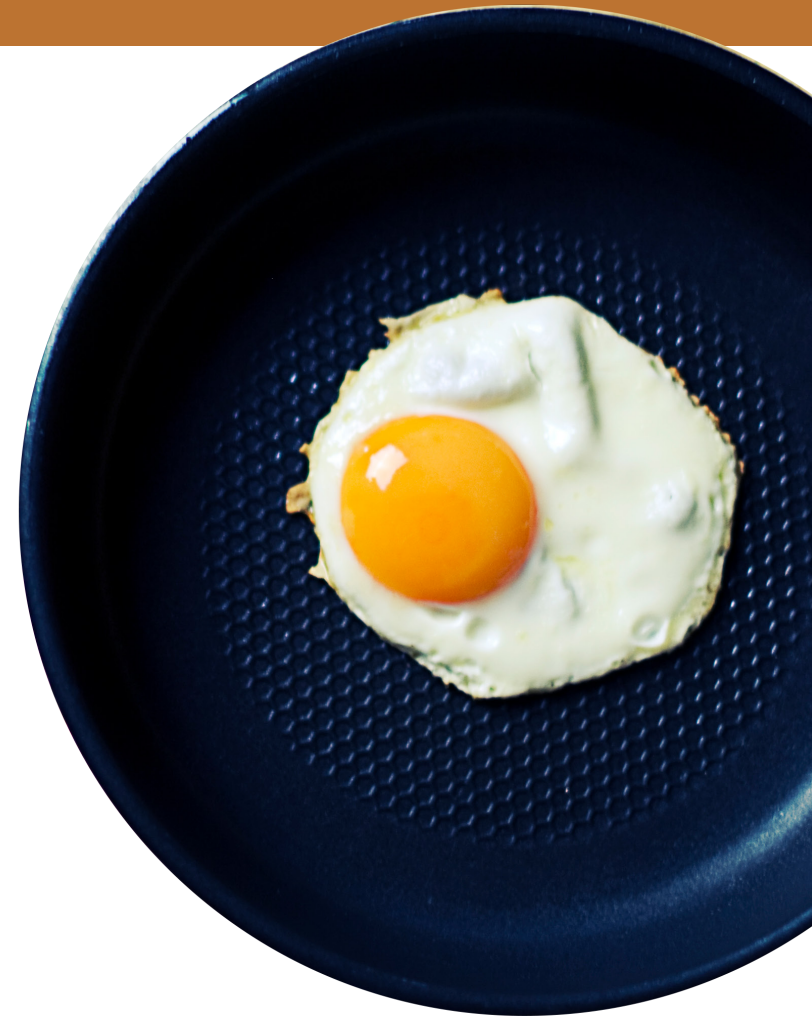
WHOLE LIFE
CHALLENGE

21 Ways to Win at THANKSGIVING



Eat a sensible breakfast before heading to Thanksgiving dinner.

This will limit your temptation to binge on party food. If you eat a reasonable portion of lean protein with veggies earlier in the day before heading to the annual Thanksgiving dinner, you will be more likely to eat a reasonable-sized meal without overindulging.





Schedule and stick to your exercise plans.

Wake up on Thanksgiving morning and participate in a Turkey Trot or attend an 8:00am group fitness class.

Looking for inspiration? Try the WLC-inspired Thanksgiving Day Running Workout.

- Pick a distance.
(A mile or so is plenty.)
- Find some arbitrary markers.
(We use telephone poles.)
- Jog between the first two poles.
- Sprint at 80-90% of maximum speed between the second two.
- Alternate jogging and sprinting for the rest of the course.



Don't just sit, stretch.

When you're watching a Law & Order marathon or football game, sit on the ground and do some stretching.

Need some help getting started?
Get started with [these](#)
[11 stretches](#).





Try Andy's Paleo Stuffing

Thanksgiving is an excuse to eat stuffing. But with this Paleo recipe, you can eat stuffing all year long and be guilt free.

Full recipe available at the end of the e-book.





Combat holiday weight gain by filling up on water.

Drink one glass of water before each glass of wine or alcohol you consume.

This will buffer the effect of food and alcohol by making you feel satiated and suppressing your appetite. Water is a great and easy tool to help you combat holiday weight gain.





Express gratitude. Don't put it off.

"To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kindness that will stand behind the action.

Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude."

– Albert Schweitzer





Remember that it's okay to watch football without drinking beer.

Believe it or not, it's true.

Opt for soda water with a lime.
If you want to partake in libations,
perhaps try one of these
[low-calorie cocktails](#).





Add some friendly competition to the day.

Nothing brings families and friends together like a fun game.

Charades, a game of cards,
a favorite board-game...
get creative and have some fun!





Surprise the host by bringing a healthy gift.

Oranges are a great gift to give to your host. They're sweet, healthy, and steeped in tradition. During the Great Depression, when money was tight, it was a luxury to get a sweet orange over the holidays. If you don't want to bring cookies or alcohol as a gift, oranges are an appreciated alternative.





Send everyone else home with the leftovers.

If you're hosting dinner, buy a bunch of inexpensive food containers so you can send everyone else home with the leftovers. Yes, you should save a little for yourself and your family. But, if you share the love, you make certain none of the food goes to waste, and you limit the number of days you eat the decadent dishes.





Play a game where everyone wins.

**Use a game to give and receive the gift
of gratitude.**

Try this: go around the room (or the table)
and all list one thing and one person you
are thankful for and why.





Prepare for the hardships of hosting with a good night's sleep.

Try these three sleep hacks:

- (1.) Make the room pitch black and turn down the thermostat.
- (2.) Minimize light exposure in your bedroom and end screen time at least one hour before sleep.
- (3.) Write tomorrow's to-do list so you don't ruminate, and follow up with a calming ten-minute meditation.

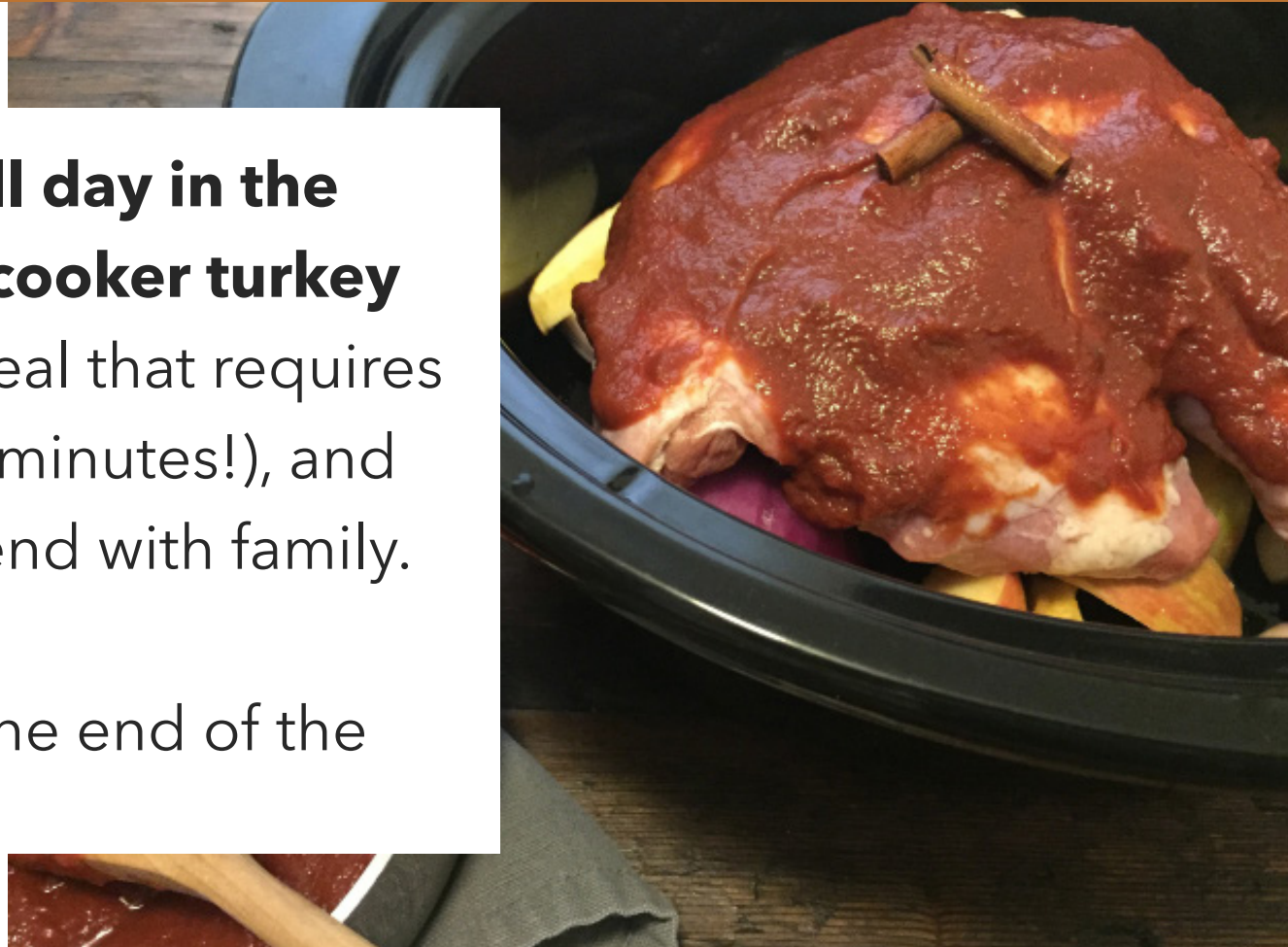




Try V “Paleo Boss Lady” Capaldi’s Apple BBQ Pulled Turkey

Don’t want to spend all day in the kitchen? Try this slow cooker turkey recipe. It’s a must-try meal that requires very little prep time (25 minutes!), and frees up your day to spend with family.

Full recipe available at the end of the e-book.





Eat slowly to allow your brain to catch up.

It takes your stomach twenty minutes to let your brain know it is full.

If you relax, chat with your family, eat slowly, and sip some water between bites, your stomach and your brain will have time to communicate, and you'll avoid the mistake of overeating.





Stay out of the kitchen if you aren't cooking or helping.

Out of sight, out of mind.

Avoid mindless eating by positioning yourself away from the bowl of M&Ms on the living room table or staying out of the kitchen (unless you are cooking or helping).





BYOD (Bring Your Own Dessert)

If you don't want to be tempted by a stacked dessert table, consider bringing a healthy dessert option to the party to share.

We bet you aren't the only person at the party looking for a healthy sweet treat to finish off the meal.





Know that it's okay to say: *No, thank you.*

Many people use food to show their love.

Try this: politely decline the food offer and quickly change the conversation to the theme of the day. "No, thank you, Grandma, but I want you to know how much I love you and I am grateful to be sharing this holiday with you."





Be reasonable; eat one, not ten.

There are certain foods that only make an appearance once a year. And that makes us think, *If I don't eat it now I won't get it again for a whole year.* But instead of indulging in a reasonable portion of one or two, we go overboard and fall victim to a compulsive type of eating. If this type of behavior happens to you, think about your portion control goals before heading to Thanksgiving dinner. Visualize how you will respond to certain annual stimuli before being faced with that cookie tray.





Remember the holidays can be hard for some.

Thanksgiving kicks off the six-week holiday season. Although the time is abound with celebration, it's important to remember the holidays are an emotional time for many. Remember to acknowledge and show your love and gratitude to those in your life who matter to you. You never know who in your life could be struggling.





Keep passing the bread basket.

One way to keep your calories down at dinner is to keep passing the bread basket. Don't feel the need to fill up all the extra space in your stomach with baseball-sized bread balls. Beyond the calorie and gluten overload, doing so has the potential to make you physically uncomfortable for the rest of the night.





Give yourself a break if you overindulge.

Maybe you went into the Thanksgiving with all the best intentions, but ended up overindulging. Don't sweat it. If you make a commitment to a lifestyle, it doesn't matter if you eat that piece of pie – or the whole pie. This doesn't define you. When you are committed to living a healthy lifestyle, you look at the big picture.



WHOLE LIFE CHALLENGE

With just a nudge (and a little bit of effort), you can have the life you want – happy, healthy, active, energetic, and connected.

ABOUT THE CHALLENGE

The Whole Life Challenge is a 6-week health and wellness game that focuses on The 7 Daily Habits.

THE 7 DAILY HABITS

Throughout the Challenge, you'll practice the habits every day – Nutrition, Exercise, Mobility, Sleep, Hydration, Well-Being, and Reflection – with the ultimate goal of incorporating them into your life. They'll work together to help you become happier and healthier.

WANT TO PLAY?

You can register to play the next Challenge here:

<https://www.wholelifechallenge.com/join-the-challenge/>



Andy's Paleo Stuffing Recipe (Serves: 8 | Time: 2 Hours)

Ingredients:

- 4-5 sweet potatoes, peeled and cut into 1/2 inch pieces)
- 4 tablespoons olive oil
- Salt and freshly ground pepper
- 4 celery stalks, thinly sliced
- 2 medium onions, chopped
- 1/2 cup dry white wine
- 12-16 oz. pork sausage (not in a casing)
- 2 large eggs, beaten
- 1/2 cup chicken broth
- 4 tablespoons golden raisins
- 3 tablespoons chopped fresh sage
- 1/2 cup chopped pecans

Directions

- Preheat oven to 400° F.
- On baking sheet, toss sweet potatoes with 1 tbsp oil and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Put baking sheet in oven. Roast potatoes until just tender, about 20 minutes.
- Meanwhile, heat 3 tbsp oil in a large skillet over medium heat. Add celery, onions, 1 teaspoon salt, and 1/4 teaspoon pepper. Cook, stirring occasionally, until veggies are softened and beginning to brown (10 - 12 minutes).
- Add sausage. Cook until thoroughly browned.
- Add wine. Cook until it evaporates (2 - 4 minutes).
- Transfer the mixture to a large bowl along with the roast sweet potatoes.
- Let everything cool for 10 minutes or so.
- Turn oven down to 375.
- Add beaten eggs, sweet potatoes, broth, pecans, raisins, and sage to the veggie mixture and combine well.
- Use olive oil to grease a 9-by-13-inch baking dish. Transfer mixture to the prepared baking dish. Cover with aluminum foil and bake for 20 minutes. Remove the foil and bake until browned, 20 to 30 minutes more.

Apple BBQ Pulled Turkey Recipe (Serves: 4 | Time: 10 Hours)

Ingredients:

- 1 organic turkey leg/breast combination
- 1 can tomato paste
- 1 tablespoon date paste
- 5 small apples cored
- 1 large red onion quartered
- 2 small shallots
- 2 tablespoons apple cider vinegar
- 1 cinnamon stick
- Pink Himalayan sea salt
- Fresh ground black pepper

Directions:

- Put turkey meat on a dish.
- Add tomato paste and date paste to saucepan, mixing well and heating slowly to create barbecue sauce.
- Once combined, use a spoon or brush to coat the top of your turkey with the sauce. Save remaining sauce.
- Place apples, shallots, and onions in slow cooker.
- Add meat on top.
- Add salt and pepper.
- Add vinegar.
- Break cinnamon stick and place on barbecue covered turkey.
- Set for 10 hours on low. Do not add water.
- When done, mash apple, shallot, and onion with hand masher after removing liquid.