

FREE SEASONAL GUIDE

ROOTS FIT & WELLNESS

THE GUILT-FREE HOLIDAY GUIDE

*A simple way to enjoy the season, stay consistent, and skip
the all-or-nothing spiral.*

Enjoy the Season, Keep Your Progress

You don't have to choose between the holidays and your goals.

Every year it's the same story: the parties start, then Thanksgiving, then three weeks of Christmas parties and baking — and by January 1st it feels like you have to start completely over. It doesn't have to go that way.

This guide isn't about restriction or willpower. It's about a few simple tools — a plate method that works at any holiday table, quick workouts that fit around a packed schedule, and a plan for getting back on track fast if you do fall off. Enjoy the season. Keep your progress.

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MONTHS TO NAVIGATE

1

SIMPLE PLATE METHOD

5

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GUILT

WHAT'S INSIDE THIS GUIDE

Navigating parties and potlucks.

A simple approach so a season full of gatherings doesn't have to feel like a minefield.

The balanced holiday plate.

One visual method that works at Thanksgiving, Christmas, or any table.

Five quick workouts.

15-20 minutes each, built for a season with zero extra time.

A real plan to get back on track.

For the days you don't stick to any of this — because some days you won't.

Navigating Parties & Potlucks

Between office parties, cookie exchanges, and family gatherings, the season can feel like an endless spread of food you didn't plan for. Here's how to walk in with a plan instead of just winging it.

1 Eat something before you go.

A protein-forward snack beforehand means you're choosing food at the party because you want it, not because you're starving.

2 Scan the whole spread first.

Walk the table once before you plate anything. It's much easier to make intentional choices when you've seen all the options.

3 Bring a dish you actually want to eat.

If you're contributing food, bring something that fits your goals and that you genuinely enjoy — you're guaranteed at least one good option.

4 Save your "yes" for what you really want.

You don't need to try everything. Pick the one or two things that are actually worth it and skip the rest without a second thought.

5 Watch the drinks, not just the food.

Cocktails, eggnog, and mulled wine add up fast and rarely get counted the way food does. Alternate with water if you're at a multi-hour event.

The Balanced Holiday Plate

This works at Thanksgiving, Christmas dinner, or any holiday table — no counting, no special foods, just a simple way to build your plate.

VEGGIES & SALAD

PROTEIN

STARCHES

Fill half with vegetables and salad first.

Green beans, salad, roasted veggies — whatever's on the table. This naturally leaves room for everything else.

A quarter for protein.

Turkey, ham, or whatever the main protein is. No need to measure it — a palm-sized portion is a good visual.

A quarter for starches.

Potatoes, stuffing, rolls — pick your favorites rather than a little of everything.

ABOUT DESSERT

Have the pie. Have the cookies. One plate, once, doesn't undo anything. Guilt doesn't burn calories — it just steals the moment from you.

CHRISTMAS BAKING SWAPS

Small swaps that keep the flavor and add a little protein or fiber.

Butter → Greek yogurt (in quick breads and muffins)

Half the sugar → Applesauce or mashed banana

All-purpose flour → Half whole wheat or oat flour

Heavy cream in frosting → Whipped Greek yogurt or light cream cheese

Chocolate chips (measured by eye) → Pre-portioned into a small bowl before baking

Staying Consistent All Season

You don't need a perfect November and December. You need a few anchors that keep you close to your routine, even when the routine itself gets interrupted.

1 Protect one non-negotiable.

Pick the one habit that matters most — workouts, protein, sleep — and hold onto it even when everything else flexes.

2 Move on travel days.

You don't need a full workout. A 20-minute walk or the hotel gym for 15 minutes keeps the habit alive.

3 Eat something before the party.

A protein-forward snack before you walk in means you're choosing food because you want it, not because you're starving.

4 Plan for the event, not around it.

If you know Friday is a big dinner, don't try to "save up" by under-eating Thursday. Just eat normally and enjoy Friday.

5 Expect imperfect weeks.

A realistic goal is showing up most of the time, not all of the time. That's what actually holds up through December.

5 Short Holiday Workouts

No equipment, no gym required. Fifteen to twenty minutes is enough to keep the habit alive on your busiest days.

WORKOUT	TIME
1. THE FULL-BODY BLAST 3 rounds: 15 squats, 10 push-ups, 15 glute bridges, 30-sec plank	15 min
2. THE STAIRS OR HOTEL HALLWAY 5 min brisk walk warm-up, then 10 rounds: 20 walking lunges + 30-sec wall sit	15 min
3. THE 20-MINUTE CIRCUIT 4 rounds: 12 squat jumps, 10 tricep dips (chair), 15 mountain climbers/side, 20 crunches	20 min
4. THE FAMILY-ROOM FLOOR SESSION 3 rounds: 15 glute bridges, 12 bird dogs/side, 20 bicycle crunches, 30-sec plank	15 min
5. THE QUICK BURN AMRAP in 10 min: 10 burpees, 15 squats, 10 push-ups — repeat, resting as needed	10 min

Back on Track After a Holiday Break

Missed a week of workouts? Ate more than planned at three parties in a row? Here's exactly what to do next — no punishment plan required.

1 Start today, not Monday.

Waiting for the "perfect" restart day just adds more days off. The best time to start again is your next meal or your next workout.

2 Don't try to make up for it.

Skip the urge to under-eat or over-train to compensate. That cycle is exactly what makes the all-or-nothing spiral so hard to break.

3 Go back to the basics, not a new plan.

You don't need a stricter approach than before. You need your normal routine, resumed.

4 Drink water and move today.

A walk and a full water bottle do more for how you feel than any drastic step ever will.

5 Zoom out.

One holiday season is a few weeks out of fifty-two. It cannot undo months of consistency unless you decide it does.

ENJOY THE SEASON. KEEP YOUR PROGRESS.

You don't need a perfect holiday season to keep the progress you've built. You need a few simple tools, a little grace for the imperfect days, and a plan for getting back to it — which you now have.

Small choices, repeated consistently, become the foundation of who you become.

Follow along @RootsFitWellness for more real-life, no-guilt wellness tools all season long.

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