



WEIGHT LOSS
& LIFESTYLE MEDICINE CENTER

Holiday to Holiday Challenge

November 2025

WELCOME to the Holiday Challenge!

We are excited to have you participate in the Holiday Challenge. For the next 5 weeks, you will embark on a journey to maintain the same weight or to continue to lose weight from now through New Years Day. Share with friends and family as we work together to eat smart, move more, and savor the holiday season!

Week One

Holiday Challenge Guidelines

The overall goal is for participants to maintain their current weight for the year and to continue their progress towards their health goals.

- **Weigh yourself each week.** Tracking weight is a proven weight management strategy. It is important to know your starting weight as it will keep you motivated and allow you to track your progress.
- **Track what you eat and drink.** By tracking what you consume each day, you can make sure that you are eating within calorie goals to maintain your weight.
- **Track your activity.** Stay motivated by tracking activity each day. Every little bit adds up and seeing how much you have done can encourage you to do more.
- **Make a Plan.** Figure out what works best for you. Use the tips and strategies provided to help you navigate the season.



Daily Tip: Moving & Grooving at Your Own Pace. Do the words "fitness", "physical activity" or "exercise" suggest a painful process that you have to go through to alter your appearance? This line of thinking will only make you think that "exercise" is not for you. Too often mainstream culture focuses on how exercise will alter your appearance when the conversation should focus on how regular exercise makes your mind and body feel. Do exercise you enjoy!



WEIGHT LOSS
& LIFESTYLE MEDICINE CENTER

Holiday to Holiday Challenge

Week One

Week #1 Challenge

Write it When You Bite It & Jot It When You Trot It

Study after study indicates that tracking what we eat and how we move using an app or pen and paper is strongly linked to helping us achieve and maintain a healthy weight. This is why tracking your weekly weight, food and physical activity are the Holiday Challenge “Rules of the Game.” Tracking is a critical piece to success, and we want to reinforce the importance of this activity by challenging you to start tracking this week – better yet TODAY!

You can keep it simple, aim for at least **3 entries each day** (ex. in the morning, afternoon and night) and do it consistently day after day for the best results. Tracking takes less than 15 minutes each day, and this information will help you make a plan tailored to your needs while you navigate this holiday season. You may not realize how many calories are in the foods and drinks you regularly consume, or that daily physical activity is much higher or lower than you realized.

Check the **nutrition facts label** for serving sizes and number of calories and consider portion sizes.

Make Small Changes Daily

Find opportunities to MOVE YOUR BODY

Take quick breaks at work to STRETCH

Daily Tip: Adopt Flexible Thinking

Make good decisions, not perfect ones. A good decision still moves you in the right direction.



WEIGHT LOSS
& LIFESTYLE MEDICINE CENTER

Holiday to Holiday Challenge

Week One

WHATS COOKING?

CRUSTLESS QUICHE

This delicious and healthy high protein recipe is easy to make and can even be prepared the night before, so it's ready to slide into your oven the next morning while you're getting ready.

6 Large Eggs

3/4 Cup Cottage Cheese

1/2 tsp Salt

1/4 tsp pepper

Your choice of added ingredients:

Bacon crumbles, chopped sweet peppers, spinach, onion, chopped mushrooms

1/3 cup shredded cheese + Little bit of shredded cheese for top

Preheat Oven to 375 degrees

Blend together until smooth: the eggs, cottage cheese, salt and pepper.

Stir in the shredded cheese and your choice of added ingredients. Top with a little shredded cheese. Pour into greased 8 or 9 inch glass pie dish.

Bake for 25-28 minutes. Wait 5 minutes to serve.



WEIGHT LOSS
& LIFESTYLE MEDICINE CENTER

Holiday to Holiday Challenge

Week One



Daily Tip: Mindfulness Gives Us Options

As humans, we have the ability of metacognition, which is a big word that describes something most of us do every day probably without even noticing it—that is thinking about our own thoughts. Our ability to think about our thoughts allows us to practice mindfulness. Mindfulness is deliberately paying attention to the present moment without judgment. Research shows a myriad of health benefits related to mindfulness: reduced stress, improved chronic pain management, improved immune function, and reduced symptoms of anxiety and depression (1).

Applying mindfulness to specific behaviors can lead to intentional choices instead of responding to external cues, emotions, or your environment. Mindful eating refers to an individual maintaining a non-judgmental awareness of one's physical and emotional sensations while eating or in a food-related environment 1. You can also apply mindfulness to physical activity. Be in the moment and focus on how your body feels during physical activity. After you exercise, assess how you feel—do you feel better, stronger, happier, or less stressed? Notice, but don't judge.

Mindfulness is not a goal-oriented practice and it is not about getting something perfect, rather it is about awareness. Once we have awareness, options open up!

Download the 12 Steps to Mindful Eating. Incorporating these steps into your life can have transformative results.

1. Dunn, C., Haubenreiser, M., Johnson, M. et al. Mindfulness Approaches and Weight Loss, Weight Maintenance, and Weight Regain. *Curr Obes Rep* 7, 37–49 (2018). <https://doi.org/10.1007/s13679-018-0299-6>
<https://link.springer.com/article/10.1007/s13679-018-0299-6>