



WEIGHT LOSS
& LIFESTYLE MEDICINE CENTER

Holiday to Holiday Challenge

December 2025

Week Three

Keep up the great work!

Take a minute to check in with yourself. How are things going? What tools and tips are working for you? As you work toward your goals, you may experience plateaus or setbacks. Remember to make good decisions, not perfect ones.

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/Scan yourself each week.
- Track what you eat and drink.
- Track your activity.
- Make a Plan.



Tips For Good Sleep Hygiene

Light: Spend time in bright light during the day, natural light or equivalent brightness.

Exercise: Exercise regularly, preferably in the morning, for deeper sleep.

Mealtimes: Eat your meals at consistent times every day.

Avoid: Avoid heavy meals, nicotine, caffeine and alcohol before bedtime.

Environment: Put your devices away an hour before bed and sleep in a quiet, cool and dark environment.



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Week #3 Challenge

FOCUS ON GOOD SLEEP



Sleep is essential for overall wellness. It plays an overlooked-and too often negotiable-role in maintaining physical and mental health. Our bodies have primary drives, including the need for food, water and sleep. Our drive to sleep supersedes our drive to eat. This means that your body will eventually force you to fall asleep, but not to eat. Have you ever fallen asleep at an inopportune time? That is your body's drive to sleep taking over.

During the holidays, the whole family's routine can change and that can throw off your sleep schedule whether you are at home or away. This week we challenge you to focus on being your most rested self.

During sleep your body engages in many complex functions associated with memory, learning ability, brain development and cleaning, appetite, immune function and aging. A consistent lack of sleep negatively impacts almost every part of your body. Poor sleep impacts our ability to achieve and maintain a healthy weight. Sleep deprivation raises the hormone ghrelin which makes us hungry and decreases the hormone leptin which makes us feel full. This will make you hungry and less satiated, increasing your risk of overeating. Chronic sleep deprivation is linked to weight gain and impaired blood sugar control - which both increase your risk of type 2 diabetes.

**Make sure your choices are
in line with your goals!**

Daily Challenge: Try and go to bed and wake up at the same time every night this week. Notice how you feel after a week of being consistent.



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WHATS COOKING?

Healthy Cream Soup

Creamy Soup Broth

- 1.2 lbs Zucchini (cut and peeled)
- 1/2 Large Onion
- 2 cloves garlic
- 2 Cups Chicken broth
- 2 Cups water
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp black pepper
- 1 cup skim milk

Place all broth ingredients EXCEPT milk into a pot and cover with lid. Simmer for 15 minutes. Remove from heat, add milk. Use handheld blender to puree. Add salt to taste.

Add-Ins

- 1 TBSP butter or olive oil
- 2 garlic cloves
- 1/2 Large onion
- 1.5 cups diced carrots
- 1.5 cups diced celery
- 1 small red pepper
- 1.5 cups cooked/diced chicken breast
- 3/4 cup frozen peas

Melt butter. Add garlic, onion, carrot and celery. Cook for 3 minutes. Add the broth (made earlier), chicken and peas. Simmer 2-3 minutes til peas are cooked.





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HEALTHY...AND DELICIOUS TRUFFLES

We were a little skeptical when we first saw this recipe. But all of us here in the office agree...These are delicious! It's hard to go through the holiday season without a little treat here and there. And this is certainly a better alternative to the classic cream filled truffle.

Remember Moderation. You still don't want to eat the whole batch all by yourself. But go ahead and enjoy a couple.

Ingredients

1 Large very ripe Avocado mashed

1 10 oz bag Dark Chocolate chips

(We used Ghirardelli 72% Cacao Dark Chocolate chips)

2 TBSP Pure maple syrup

Dash of Vanilla

Cocoa powder to dust truffles at the end

Melt your chocolate (if using the microwave, do it in very short increments and stir often to avoid burning your chocolate).

Puree the avocado in a food processor until very smooth.

Add maple syrup and vanilla to the avocado in the food processor.

Add the melted chocolate and mix one more time. Pour the mixture into a bowl and set in your fridge for 10-15 minutes until it is set up and thick enough to roll into small balls. Dust with cocoa powder. Store in your fridge.



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Daily Tip: What About Napping

Napping is okay if it doesn't interfere with nighttime sleep. The issue with napping for more than 20-30 minutes is that your brain has more of a chance to fall into a deep sleep, which may interfere with nighttime sleep. When you wake up from deep sleep versus light sleep, you are more likely to feel groggy or disoriented (1).

- Naps should last 20-30 minutes.
- Naps should be taken in a dark, quiet environment.
- Nap before 3 pm—an early nap adds to the previous night of sleep, but a late nap subtracts from the upcoming night of sleep.
- For an extra wakefulness boost post-nap, get some sunlight and exercise.

Ultimately, the most appropriate approach to napping will vary from person to person and depend on individual sleep needs and patterns. By being mindful of the potential impact of napping on nighttime sleep, individuals can make informed decisions about when and how to nap. This will enable optimal sleep and wellness.

1. Winter WC. *The sleep solution: Why your sleep is broken and how to fix it*. 1st ed. Berkley; 2017

Bonus Tip

Revenge bedtime procrastination is a trendy sleep topic that refers to staying up past your bedtime, typically involving scrolling on social media or watching an extra episode of your latest show. When your days are packed, it can be challenging to find some “me time” to unwind and you may feel like the only time to yourself is right before bed. Creating personal downtime that does not affect your sleep is vital to your health.