

Starting soon...

# HEALTHY HOLIDAYS WORKSHOP

Morgan Nolte, PT, DPT & Beth Smith, PT, DPT  
Board-Certified Geriatric Clinical Specialists



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# Overview

- Know your "why" & strengthen your desire.
- Emotional vs physical hunger.
- Emotional eating/sugar strategies.
- Understand how habits form.
- Start a good habit/break a bad habit.
- Specific strategies for common holiday obstacles.

# A Little About Morgan



# A Little About Beth



# Zivli's Mission

- Help adults reverse insulin resistance for long-term weight loss and better health with a low insulin and inflammation lifestyle.
- Help adults prevent the diabetes, heart disease, and dementia we see in geriatric physical therapy.
- Ziv means to live in Croatian. Li stands for low insulin & inflammation lifestyle.



# Know Your Why

- Why is it important for you to lose weight and/or get healthy?
- How does your life change?
- How do the lives of your loved ones change?

# Add Affirmations

- I prioritize my emotional and physical health everyday.
- I create margin time to learn, play, rest, think, and sleep.
- Write your why and affirmations down.
- Read it at least once a day.
- Modify as needed for your specific challenges or action items.

# Strengthen Your Desire

- Understand negative consequences of sugar.
- [Fed Up Documentary](#)
- [That Sugar Film](#)
- [The Obesity Code by Dr. Jason Fung](#)
- [Get Over Your Sugar Addiction Video Series](#)
- Journal Prompt: It's important for me to eat less sugar because...

<b>Emotional Hunger</b>	<b>Physical Hunger</b>
Comes on quickly	Comes on slowly
Feels like it needs to be satisfied instantly	Feels like it can wait
Craves specific comfort foods, salty, sweet, or high in carbs	Lots of foods sound good
Isn't satisfied when full	Satisfied and stops when full
May cause feelings of guilt, shame, or powerlessness.	Doesn't lead to negative emotions.
Includes nostalgic hunger	

# Emotional Eating Strategies

- Reflection-for-action.
- Reflection-in-action.
- Reflection-on-action.

# Reflection-for-action

- Stop being a people pleaser.
- Practice mindful eating.
- Fuel your body by getting at least 30 grams of protein per meal, staying hydrated by drinking approximately half your body weight in ounces of water or until urine is light yellow or clear, and ensure you're getting healthy fats and fiber in your diet.
- Connect with people you love.
- Aim for 7 to 8 hours of sleep per night.
- Tracking or logging food. ([Carb Manager Videos](#))



# Reflection-for-action

- Make daily movement a priority.
- Find time for relaxation (30 minutes per day).
- Proactive boundaries around sweets.
- Start practicing “mini sweets fasts” now to build your self-control muscle. Example: One sweet a week on Saturday or Sunday
- Journal Prompt: Healthy boundaries around sweets for me look like...

# Reflection-in-action

- STOP: Space, Time, Observe, Plan
- Chew a piece of gum.
- Brush your teeth, or use mouthwash.
- Drink a big glass of water.
- Use a distraction technique. Some ideas include doing the dishes, going for a walk, starting a game, looking at photos, playing with your kids or grandkids, or drinking a cup of tea or coffee.
- Tell yourself you can have it later.
- Remember the three magic words...no thank you.



# Reflection-in-action

- Find a mantra:
  - “Am I doing this for present or future me?” - James Clear
  - “The cost of a good habit is in the present. The cost of a bad habit is in the future.” - James Clear
  - “Every action you take is a vote for or against the person you wish to become.” - James Clear
  - “Outcomes are a lagging measure of your habits.” - James Clear

# Reflection-in-action

- Find a mantra:
  - “Building a new habit is not a finish line to be crossed, but a lifestyle to be lived.” - James Clear
  - “I’ll regret it tomorrow.” - Mom
  - Your “why” for getting healthy.
  - I **don't** have sweets Monday through Friday - or whatever boundary you choose.

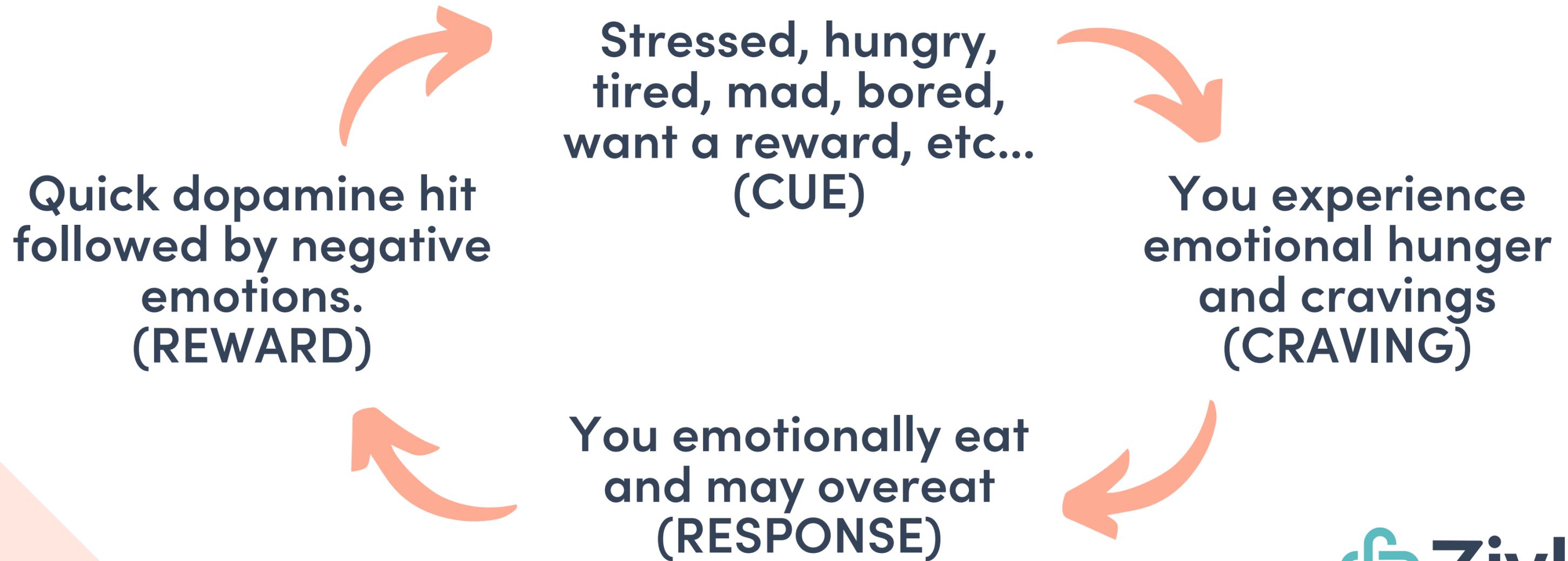
# Reflection-on-action

- Thought, Emotion, Action, Result.
  - I'm missing out on celebrations if I'm not indulging in food, sweets, or alcohol. → The holiday memories are about the people I'm with, not what I'm consuming.
  - I'm stressed and I deserve a treat. → There are other activities that will help me relieve stress more effectively than a treat.
  - I have to eat all the leftovers. → I eat to fuel my body.

# Reflection-on-action

- CLEAR strategy
  - Circumstance and context
  - Line of thought
  - Emotions
  - Action
  - Result
- Example...

# Emotional Eating Loop



# Start a Good Habit

- Make it obvious
- Make it attractive
- Make it easy
- Make it satisfying
  - From Atomic Habits by James Clear

# Make It Obvious

- Put it on your calendar.
- Read your "why" and action items each morning.
- Use habit stacking to make the cue obvious. Stack a desired habit on top of an existing habit.
- Design your environment so good habits are visible and bad ones are invisible.

# Make It Attractive

- Use temptation bundling by pairing an action you want to do (ex. log your food) with one you need to do (eat).
- Join a culture where your desired behavior is the norm.

# Make It Easy

- Reduce friction. For example, move the Carb Manager app to a visible spot on your home page.
- Prepare your environment to make future decisions easy (ex. lay out your workout clothes).
- Use the Two-Minute Rule. Any new habit should take no longer than two minutes (ex. put on exercise shoes).
- Automate your habits (ex. copy your food from one day to the net rather than re-entering).

# Make It Satisfying

- Use a habit tracker.
- “Never miss twice.”
- Give yourself a non-food reward for consistency.
- Reflect on your wins for the week.

# Break a Bad Habit

- Make it obvious → Make it invisible
- Make it attractive → Make it unattractive
- Make it easy → Make it difficult
- Make it satisfying → Make it unsatisfying
  - From Atomic Habits by James Clear

# Make It Invisible

- Reflect on who you are with, where you are at, what time it is, and what activities you are doing when you engage in bad habits.
- Reduce exposure, remove cues, or change your environment.
- Keep the sugar/nuts/things you may overeat in a separate room from the kitchen such as the laundry room.

# Make it Unattractive

- Think about the benefits of avoiding your bad habits.
- Think about the negative health consequences of continuing the bad habit.
- Journaling through these thoughts can increase your desire.

# Make it Difficult

- Increase friction (number of steps) it takes to engage in your bad habit.
  - Keep food you don't want to eat out of sight.
- Chew gum while you are cooking to prevent grazing.
- Another idea is to only eat when sitting down.

# Make it Unsatisfying

- Get an accountability partner.
- Create a habit contract with a negative consequence for engaging in a bad habit.

# Halloween Candy Ideas...

# Candy Alternatives

- Bubbles
- Glow sticks
- Mini play-dough
- Rubber stamps
- Stickers
- Small balls or bouncy balls
- Temporary tattoos
- Magnets
- Pencils
- Erasers
- Key chains
- Slap bracelets
- Activity or coloring books
- Small craft kits
- Bookmarks
- [More ideas...](#)

# Leftover Candy Ideas

- Donate to charity, including [Treats for Troops](#), [Operation Shoebox](#), or local food pantries.
- Some dental offices also offer a “buyback program” where they will send leftover candy to charities.

# Leftover Candy Ideas

- Use it for learning.
  - [Balancing with M&Ms](#)
  - [Patterns and Sequencing](#)
  - [Sorting](#)
  - [Candy Corn Printable Activities](#)
  - [Gumdrop Sculptures](#)
  - [Skittles Paint](#)

# Leftover Candy Ideas

- There are several more ideas included in the posts on the previous slide.
- Search the internet for learning activities or science experiments with candy.

# Leftover Candy Ideas

- Enlist the “Switch Witch.”
  - Kids leave out their extra candy for the Switch Witch, a good witch who comes on Halloween night to take the extra candy and leaves a small toy or gift. You can use that extra candy however you wish.
- Add it to holiday gifts.

# Strategies to Not Eat the Candy

- Buy an alternative, or buy candy you don't like.
- Out of sight, out of mind.
- Delayed gratification.
- Use strategies listed for emotional eating and sugar cravings for proactive, in-the-moment, and reactive ideas.

**Thanksgiving, Christmas,  
Hanukkah, Kwanzaa,  
Diwali, New Years...**



# Healthy Recipes

- Carb Manager App Premium has over 300,000 recipes preloaded with macros to make logging easier.
- Pinterest “keto” or “low carb” then use secondary keyword for your desired item "sugar cookies" "pie" "salad" etc.

# Sugar Alternatives

- Stevia, Monk Fruit, Erythritol, Allulose are healthier alternatives. Look out for sugar-free ingredients that still raise blood sugar and/or insulin.
  - Sucralose, acesulfame potassium, saccharin, aspartame, and maltodextrin.
- We like the [Lily's](#) and [Bake Believe Brands](#) for chocolate and other flavored chips.
- [Besti](#) and [Lakanto](#) are good sugar substitutes.

# Recipe Keeper

- Free app for up to 20 recipes.
- After 20 it's \$10-\$15 depending on your device.
- Have to pay per device to be able to sync.
- Import from a website and it automatically adds the essential items so you don't have to scroll through ads.
- We created a [Healthy Holidays Cookbook](#) with about 40 of our favorite recipes.



# Blood Sugar Hacks

- If you're going to have short-grain rice or white potatoes, you could cook the food ahead of time and put it in the fridge overnight to increase its amylose content, which will reduce its blood sugar impact.

# Blood Sugar Hacks

- Having 1 tablespoon of raw, unfiltered apple cider vinegar that's diluted in water before a meal has been shown to improve blood sugar, cholesterol, weight, and triglycerides.
- Drinking this before the first meal of the day is also good for promoting healthy stomach acid to aid in the digestion of food. Consider drinking it through a straw to protect your teeth from the acid.

# Blood Sugar Hacks

- Going for a short walk, or just moving your body for 10–30 minutes right after a meal will also lower the glucose and insulin response because your muscles use some of the energy right away.
- The type of activity you do isn't as important as the timing.
- You'll get the most benefit from doing something immediately after a meal.

# Blood Sugar Hacks

- The order in which you eat your meal can impact the blood sugar response. Try eating any non-starchy vegetables, such as salad, first to help line the gut, followed by your protein and fat, and then the starch or sugar in the meal.
- Having these slower digesting nutrients first will slow the blood sugar and insulin response from whatever carbs you eat.

# Blood Sugar Hacks

- Insulin sensitivity varies according to time of day, with decreased values in the evening and at night.
- If you're going to have starches or sugars, know that your body will better process them better mid-day versus at night. For example, a cookie with lunch will have less of an impact than one at dinner.
- Consider eating more of your carbohydrates for your mid-day meal, and less of them at your evening meal.



# Food Around All Day

- Can lead to grazing if you don't have a plan.
- Have set meal times.
- Drink water or tea or find another fixation for your mouth/hands between meals to help prevent grazing.
- If possible, remove yourself from the area where food is around to create physical distance.
- Ensure you are getting enough protein, healthy fats, and fiber to help with satiety and fullness.



# Getting "Back On Track"

- We believe unhealthy food can be part of a healthy lifestyle.
- All-or-nothing usually backfires.
- Getting "off track" intentionally is a needed skill for sustainable weight loss.
- Read your Personal Faith Formula and action items daily.
- Meal plan the following week.
- Track your [macros](#).

# Getting "Back On Track"

- Longer fasting day following a feast day if the timing works with your menstrual cycle.
- Avoid longer fasting days 13–15 (around ovulation) and the week before your period.

# Changes in Fasting

- What if the holiday meal changes my fasting schedule?
- Plan ahead to shift the eating window as needed.
- Plan for longer fast following a feast day.
- Remember it's just a few days out of the year. Get over the all-or-nothing mindset.

# Not in Charge of Menu

- Plan ahead to increase protein, healthy fat, and fiber intake at other meal(s) during the day to increase satiety and decrease portion size at meals where you aren't in charge.
- Offer to bring a high-protein, low-carb side dish as possible.
- Use hacks listed to help lower blood glucose.
- Hydrate and control your portions.
  - One plate rule.
  - No seconds.
  - Boundaries around sweets, starches, and alcohol.



# Back to Back Food

- Multiple big meals on back to back days.
- See strategies for how to get back on track quickly.
- See strategies for hacks to decrease blood glucose levels.

# Want to Try Everything

- Plan ahead and set boundaries around portion sizes and sweets.
  - Use allowing language. "I can have anything I want. I choose to have \_\_\_\_."
- Use the STOP strategy for reflection-in-action.
- Can you spread out the sweets?
  - Example was instead of having all three types of pie on one day, have one piece of each pie over 3 days.

# Ideas to Not Overeat

- Practice mindful eating.
  - Eat slowly. It can take 20 minutes for your brain to sense your stomach is full.
  - Put your utensils down and take a sip of water between each bite.
  - Focus on the experience and the people around you.
- If possible, remove yourself from the environment when you're finished eating.

# Ideas to Not Overeat

- Drink a big glass of water within 30 minutes of the meal.
- Prioritize protein and fiber, fill in with healthy fat.
- Recognize you're more likely to overeat foods that are high in starch and sugar, but especially sugar.
- Increased dopamine release, more pleasure.
- Fructose does not trigger satiety hormones like proteins and fats.

# Ideas to Not Overeat

- You can take only the amount you want to eat home for later so that you stick to portion size boundaries. Once it's gone it's gone and there isn't any more to go back and get.
- Type any other ideas you have in the chat to avoid overeating, or get back on track quickly.

# Ways to Stay Connected

- Reshape Your Health with Dr. Morgan Nolte
  - New podcast episodes each Wednesday.
  - Quick-tip weight loss/health mindset episodes Friday.
- YouTube: Dr. Morgan Nolte, Zivli
  - [5 Insulin Resistance & Diabetes Diet Tips to Lower Blood Sugar](#)
- Instagram @drmorgannolte
- Email: support@zivli.com



# What's Coming?

- At home insulin and cardiometabolic blood spot test kits.
- Second edition of our Zivli course and online program will be open for enrollment in early January, 2023.
- Lose weight, lower glucose, insulin, BP, Triglycerides, hsCRP, raise HDL.
- This will be an 8 week course with live weekly Q&A calls about that week's new material. Plus ongoing access to live weekly Office Hours.



# Join the Zivli Waitlist

[Click Here](#)



# Questions?



**Thank You!**

