

The Houstonian Club offers 12 tips to manage weight and focus on health during the holiday season

The dietitian at Houston's premier health and fitness facility shares tips on prioritizing health and wellness between Thanksgiving and New Year's.

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EINPresswire.com/ -- The holiday season is full of festive cocktails and tables laden with sugary treats, turkey, starchy carbohydrates, and buttery rolls. The sights, smells, and fun from November to January 1 often lead to weight gain which can average anywhere from 0.8 pounds to just under 2 pounds according to the Journal of Obesity.



To address holiday weight gain, Nunley has advice to maintain a healthy weight, enjoy the holidays without restrictions, and focus on wellness during the festive season.

Although two pounds might not seem like much, dietitian Elayna Nunley, MS, RDN, LD, CES at [The Houstonian Club](#) says problems begin when the weight does not come off after the holidays and accumulates year after year. Nunley notes that the holidays don't have to be stressful when it comes to extra calories and celebrations. She suggests simple strategies for maintaining a healthy outlook on holiday indulgences.

"Holidays can fill your calendar with many celebrations centered around food. If we have not set any guidelines beforehand, they can derail our health awareness," said Nunley. "Diets don't start on Mondays or January 1. The holiday season is a great time to assess expectations and create a plan to maintain the healthy progress you've made this year."

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Tips to maintaining a healthy weight during the holiday season

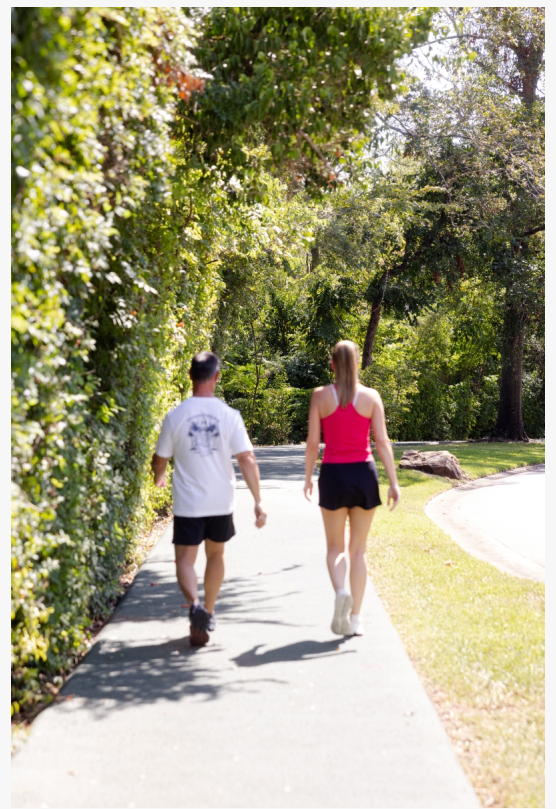
- Get in at least 20 minutes of movement each day.
- Start with water and electrolytes in the morning to help cells perform their best throughout the day.
- Make the first meal of the day balanced and nutritious, higher in proteins and healthy fats.
- Set up strategies to not overeat, including smaller plate sizes, no second helpings, and starting each meal with protein and fiber.

Tips to enjoy the holidays without restrictions

- Remove "good" and "bad" food labels – the holidays are a no-guilt-zone experience.
- Determine which foods are easy to say no to.
- Establish predetermined portion sizes before arriving at a celebration.
- Determine which foods create holiday experiences, only happen once per year, and choose to enjoy those foods.

Tips for focusing on health and wellness during the holidays

- Make sure to get enough sleep to better balance insulin levels.
- Eat a small meal of healthy fats and lean meat before attending celebrations.
- Be cautious of empty calories that come along with alcohol, including cocktails with mixers, creams, and sugars.
- Set limits on alcohol consumption, including setting a drink limit, drinking water between each alcoholic drink, and switching to mocktails.



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[Photos available here.](#)

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Located in the heart of Houston, The Houstonian Hotel, Club & Spa is a Forbes Travel Guide Four-Star secluded retreat adjacent to the city's iconic Memorial Park and minutes from downtown, the Galleria, and Energy Corridor. The Houstonian recently completed a \$70 million master plan renovation and was named in Travel + Leisure's World Best Awards as the #1 Resort Hotel in

Texas. The resort is a member of Preferred Hotels and Resorts and is known for its timeless nature, elegant décor, private fitness club, and its involvement in Houston's historic events and celebrations. Guests at The Houstonian Hotel may relax and rejuvenate on a 27-acre oasis, with floor-to-ceiling wooded views in its 280 newly renovated guest rooms and suites, including a new Bush Suite with memorabilia from President George H.W. Bush's time at the property. TRIBUTE restaurant serves authentic Tex-Lex cuisine with an impressive wine list, The Bar & Patio is a classic local favorite, and the Coffee Shop serves guests in the elegant hotel lobby. The hotel has 33,890 square feet of indoor meeting space and 87,349 square feet of outdoor meeting space with a "Houstonian Experiences" menu for corporate and social groups, meetings, and celebrations. The 185,000-square-foot Houstonian Club offers over 180 weekly group exercise classes, aquatic programs, indoor and outdoor tennis, a resort pool with a rockslide, a 25-meter sports lap pool, and a quiet garden pool. Houstonian Club Members and Houstonian Hotel guests enjoy the club's luxurious locker rooms and wet areas, a fully equipped fitness floor with over 300 pieces of equipment, indoor turfed fitness zone, enhanced group exercise fitness studios, cycle studio, a private yoga studio with aerial silks, and an indoor basketball court. The club also provides 2 areas for children ages 6 weeks to 12 years, kids camps, and special events and programming plus an outdoor playground and butterfly garden. Poolside dining is available at the expansive Arbor Grill, with wood decks, TVs, and a fire pit, and the club's grab-and-go called Refuel offers light fare and Starbucks Coffee. The club offers a full-time registered dietitian, and a wellness therapy suite called The Covery by The Houstonian Club. At 26,500 square feet, the new Trellis Spa at The Houstonian is the largest luxury spa in the state of Texas. From the outside, it resembles a magnificent European Villa with statuesque architecture and luscious gardens. On the inside, soothing, nature-inspired hues complement a grand, light-filled reception, renovated treatment rooms, sauna and wet areas, a scenic treetop dining room, an indoor Reflection Pool, and tranquil lounging areas. Its outdoor Soaking Pools and Garden provides an authentic contrast bathing experience with open-air cabanas, rocking chairs, a fire pit, and a butterfly art installation. The Houstonian also includes Sage 'n' Bloom Floral Studio, providing bespoke floral services for weddings and celebrations, client experiences, and corporate installations on-property and to the public.



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One of Houston's historic gems, the property is known for its grace, comfort, and unparalleled guest experience.

<http://www.houstonian.com/the-club>

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