



## USDA Town Hall #4: Tips for Staying Healthy During the Holidays

Kristen Ziesmer is a Registered Dietitian, Board Certified Specialist in Sports Dietetics, Certified Personal Trainer, Owner of Elite Nutrition & Performance, and one of USADA's [True Sport experts](#). Within this one page resource, you can read informative [blog](#) posts, schedule a [free](#) 15-minute phone consultation, redeem a free download of *3 Reasons You're Running Out of Energy While Training*, and learn more about how the [services](#) Kristen offers could benefit you.

### Key Takeaways

- Be mindful of portion size and savor occasional treats without guilt or regret.
- Understand and listen to your body's signals rather than ignoring them.
  - If you're hungry- eat. When you feel full- stop eating.
- Depriving yourself can lead to overindulging.
- Recognize that humans eat for both pleasure and necessity, enjoy the experience.
- Hydration is important! Drinking water consistently helps replace depleted fluids lost during exercise and aids in digestion.
  - Hydration, includes both water and [electrolytes](#).
  - [Determine your sweat rate](#) to calculate your water intake.
  - [Hydration 101](#)

### Additional Resources

- [Healing the Relationship with Food](#)
- [Quick and Easy Meal Prep for the Week Ahead](#)
- [The Truth About Snacking](#)
- [Intuitive Eating](#)

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