

Episode 80
10 Steps to a Healthy Thanksgiving Preparation

Welcome to Episode 80 of the Fitness Empowerment Podcast where we will be discussing 10 Steps to a Happy, Healthy 2018 Thanksgiving!

My name is Danye, I am your host, and I am your resource for fitness, food, and travel!
How am I preparing this year?

1) Choose where you are going to go!

2) Who else is going to be there?

3) Will there be children?

4) Are there any special nutritional lifestyle choices to account for?

- a) Keto
- b) High protein
- c) Low sugar
- d) Vegan
- e) Vegetarian
- f) Paleo

5) What day/time will you be celebrating?

- a) On Thanksgiving or not on Thanksgiving

6) What other meals throughout the day/weekend do you need to consider?

7) Decide & Delegate for cooking/prep!

- a) What is going to be on the menu?

Protein

Veggie 1

Veggie 2

Starchy Carb

Side (s)

Dessert (s)

b) Who is bringing what?

Protein

Veggie 1

Veggie 2

Starchy Carb

Sides

Dessert

c) Are you actually cooking or picking up from a company or going out to eat?

8) Exercise/Activity planned around Thanksgiving meal/weekend?

9) R & R scheduled

10) Delegation for Cleaning

Call to Action! What additional steps would you add to this list or which steps are you going to implement this year?! If you head over to iTunes or Soundcloud to leave a rating and review you can include the answer to these questions in your reviews! You can leave reviews as often as you would like you are not limited to a one time rating and review so if I have an episode posted that you really resonate with, please consider leaving an episode specific review and taking a screenshot to share on your social media so that more of your friends can find this podcast!

Thanks for listening today and a Happy Early Thanksgiving! I will talk to you all again on Wednesday for a Disney centered episode! Bye!

Shareable Link

https://docs.google.com/document/d/1k_OB-mcQ6UNt3noDRgh07AsNy9fdn6q25Wjs7rKdyXE/edit?usp=sharing