

SURVIVE

the Holidays

GUIDE



MONAVIE

INTRODUCTION

The holidays are an exciting and magical time of year, bringing friends and family together to celebrate the gifts of the season and each other.

But work and family obligations combined with endless shopping, traffic, and bills can leave many feeling overwhelmed, which can lead to unhealthy food choices, weight gain, and fatigue.

This year, nurture yourself and others and still enjoy the season's time-honored traditions. By following these simple tips, you'll not only survive the holidays, but you'll be on your way to living A More Meaningful Life.



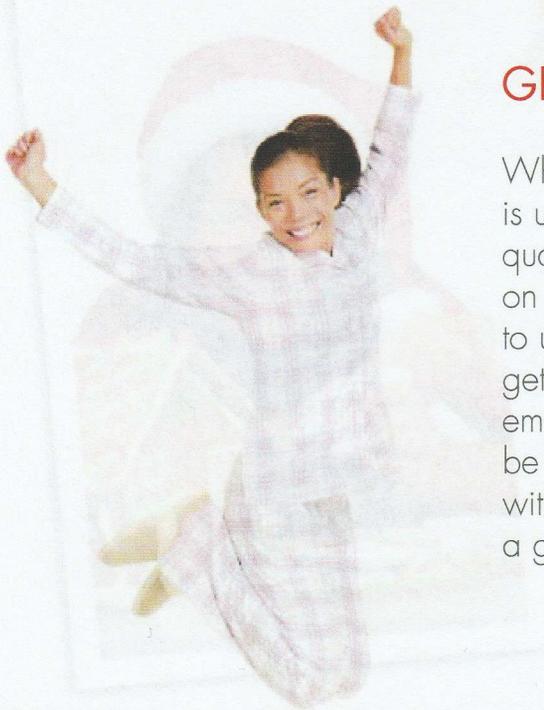
NURTURE YOURSELF

While the rush of the busy season can demand a lot from you, it's important to take some time and recharge your battery. Try getting a massage or a pedicure. Spend 15 minutes in the morning in light meditation or stretching, or just remember to take a break every few hours for some deep healing breaths or daydreaming. By indulging in a little R&R (and maybe even a little retail therapy of your own!), you'll enjoy the holidays more and be ready to tackle the next item on your to-do list.



KEEP YOUR STRESS IN CHECK

Another way to keep your stress in check is add [MonaVie Balance™](#) to your holiday regimen. Use the non-stimulant daytime formula to increase physical and mental energy—perfect for those long Christmas shopping sprees. Then trust in the calming night formula to promote a relaxing evening and help you prepare for a good night's sleep.



GET PLENTY OF SLEEP

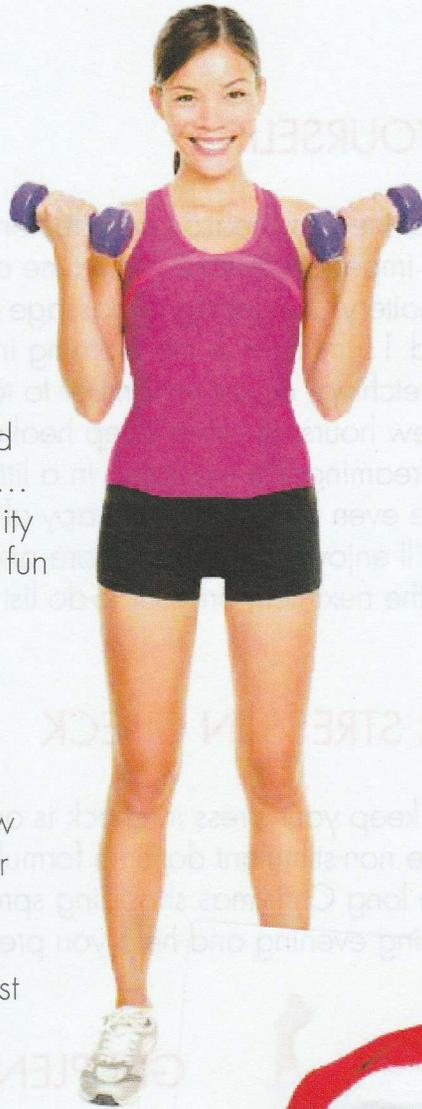
When we have a lot to do in a short amount of time, sleep is usually the first thing sacrificed. Instead, make good quality sleep a priority this holiday season. Try cutting back on TV or screen time to give you the extra minutes you need to unwind and prepare your mind and body for rest. By getting 7–8 hours of sleep, you'll be more physically and emotionally able to meet the demands of the holidays and be more likely to ward off any germs you come in contact with. You'll also be more enjoyable to be around, and that's a gift everyone can be grateful for!

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GET REGULAR EXERCISE

Scheduling regular exercise (a brisk walk, run or bike ride) will not only benefit your body, it will also clear your head and relieve the stress associated with the holidays. Plus, if you make a point to schedule exercise into your busy day, it becomes a priority and you're less likely to find an excuse or forget about it. And let's not forget... exercise can be a great way to have some quality alone time or get the whole family involved in a fun activity.



NURTURE OTHERS

The holidays are the perfect time of year to show friends and family how much you care. Whether you see each other often or only once a year, a small gesture or token of appreciation can go a long way. Just remember, time together is the best gift of all, so spend it creating lasting memories.

START A TRADITION

Whether your family is big or small, it's easy to implement a holiday tradition that brings everyone together and creates lifelong memories. Whether you go caroling in your neighborhood, sledding in the mountains, or decorating gingerbread houses with grandma, there are endless traditions you can start this season and continue throughout the years.



BETTER TO GIVE THAN RECEIVE

Nothing can bring a family or group together like a good cause. Whether you sponsor a needy family, organize a clothing drive, or donate your time at a shelter, generous acts create a sense of unity for all those involved. And no matter how big or small the service, all ages can reap the benefits of making the holidays a little bit brighter for someone in need.

AN ATTITUDE OF GRATITUDE

With all the gifts, parties, and hype, it's easy to get caught up in the commercialism of the season. Try to foster a grateful heart for all the blessings you have in your life. Voice your gratitude with friends and family and they too will feel a deeper appreciation for all of their blessings.



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EAT, DRINK, & BE MERRY [THE HEALTHY WAY]

While the holidays are synonymous with culinary delights, it's very easy to get caught up in the moment and indulge too much. The trick to not regretting these sinful foods is to eat smaller portions and balance them with a sensible diet and exercise. Seek out others who are striving to eat healthy meals during the holidays and you'll be more likely to stay on track.

SHAKE UP YOUR HOLIDAY DIET

While on the go this busy holiday season, substitute an unhealthy snack or meal for a [MonaVie RVL Nutrition Shake Mix™](#) to help maintain healthy blood sugar levels and enhance energy metabolism. Need some yummy inspiration? Try this shake recipe today!



MONAVIE CHOCOLATE BERRY COCONUT SHAKE

Almond milk and coconut extract add rich flavor to this chocolate berry shake. This recipe has a great balance of protein, carbohydrates and fat and is a complete meal. **Makes:** 1 Shake **Serving Size:** 1 Shake

Ingredients:

For Females:

- 1 scoop Chocolate Berry MonaVie RVL Nutrition Shake Mix
- 4 ounces unsweetened almond milk
- 1 cup cold water
- Couple of drops of coconut extract
- ½ packet Stevia (or more, if desired)

For Males:

- 2 scoops Chocolate Berry MonaVie RVL Nutrition Shake Mix
- 4 ounces unsweetened almond milk
- 1 ½ cups of cold water
- Couple of drops of coconut extract
- 1 packet Stevia (or more, if desired)

Nutrition Per Serving:

Female/Male shake
Calories: 180/340
Protein: 16 g/32 g
Carbs: 18 g/35 g
Fat: 5 g/8.5 g

Preparation:

Place all ingredients in a shaker cup and shake vigorously until smooth and creamy. Serve over ice if desired.

ENJOY, NOT INDULGE

No one says you can't enjoy that piece of pumpkin pie (with extra whipped cream!), but the key is to enjoy in moderation. MonaVie's Nutrition and Fitness Expert Mark Macdonald recommends eating 3 ounces of protein before eating that slice of pie. It will prevent your blood sugar from spiking and minimize the damage to your body down the road.



BUILD A SUPPORT SYSTEM

Chances are there are others around you who have the same goal to not expand their waistlines during the holidays. Team up with them and build a support system of like-minded individuals. You can help each other stay on track by eating healthy foods together, exercising, and offering encouragement when someone falls victim to that extra piece of pie!



SPEND WISELY

Nothing causes more holiday stress than buying gifts for everyone on your list. Will they like it? Will they return it? And if that wasn't pressure enough, buying all these gifts without breaking the bank is always a challenge. But it doesn't have to be. By planning ahead and thinking creatively, you'll enjoy the season of giving a little bit more.

PLAN AHEAD

Richard C. Cushing said, "It pays to plan ahead. It wasn't raining when Noah built the ark." Whether your shopping list is big or small, it'll be easier to tackle if you get an early start and make a plan for how you will complete it.

Things to keep in mind:

- Set aside a budget for each person and stick with it!
- Shop during sales and promotions. (Black Friday can save you a ton!)
- Shop online to avoid crowded shopping centers. Some even offer free shipping and gift-wrap during the holidays!



GIFTS FROM THE HEART

Gifts don't always have to carry an expensive price tag. Some of the most special gifts come from the heart and are treasured for years to come. If you're on a tight budget this holiday season, try thinking creatively about gifts you can make, personalize, or package in a fun, memorable way.

Some suggestions:

- Scrapbook of a favorite trip or family reunion
- Calendar featuring photos of the kids, grandkids, pets, etc.
- Recipe book of favorite recipes
- Restaurant/movie theater gift cards for a fun date night
- Starbucks gift card placed inside a holiday mug or travel cup.
- IOU coupons for a free massage, car wash, dinner, etc.

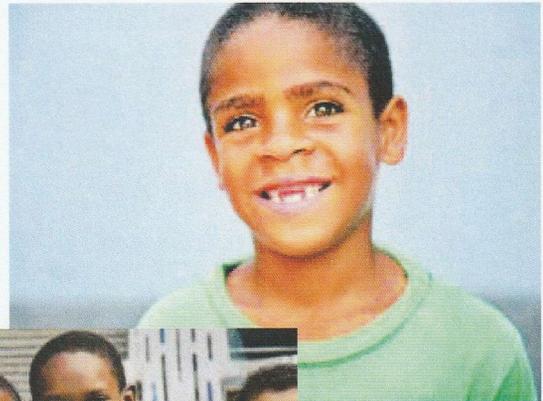


GIFT THAT KEEPS GIVING

If you know someone who has it all, why not make a charitable donation in his or her honor? There are so many worthy organizations that can always use a little more assistance – especially during the holidays. Make it a yearly tradition, and everyone benefits from the gift that keeps giving—love.

This holiday season, open your heart and consider making a contribution to [the MORE Project™](#). Established in 2005, MonaVie's non-profit organization continues to change the lives of tens of thousands of people. From food, shelter, and clothing to an education, the MORE Project provides hope to some of Brazil's most impoverished families. With your generous gift, we can continue to change lives and make the holidays a little bit brighter too.

More[®]
PROJECT



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