



Culture, Health And Beauty

## — Post-Holiday Health From The Hilliards —

by Sunny Hubler

Clary and Liz Hilliard from Hilliard Studio Method here! With the holiday season officially behind us, we wanted to share our best strategies for undoing some of the fun you did over the holidays...

The holidays are full of sweet treats and boozy parties, which can up your sugar intake more than any other time of the year. This new year, one of the best ways to

get back on track is to get the sweets out of your house and cut out foods with added sugar.

Easier said than done, right? The keys to kicking sugar are:

Eating lots of whole foods like fresh vegetables, fruit, fish, legumes and beans and eliminating packaged foods which are almost always full of sugars.

When you do eat packaged food, check your labels for those hidden added sugar. Many seemingly healthy foods like protein bars, yogurt and sauces can contain extra, unnecessary sugar.

In addition to cleaning up those eats, one of the best ways to get back on track is to set up a reasonable workout schedule that you can stick to and that won't make you feel overwhelmed. Whether you get a new membership to your favorite studio or amp up your home gym with [fresh workout videos](#), committing to moving 4-5 days a week for 30 minutes or more in a way that makes you feel good.

Look for a workout that will challenge you and take you to your edge, while also being safe. Hilliard Studio Method and other Pilates-based workouts promote healthy joint alignment and push you toward the change you are looking for.

When you set achievable goals and incorporate safe workouts that you enjoy, you are much more likely to stick to a healthy workout routine throughout the year and remain injury free.

Stay tuned for more health tips, advice, and insights from Liz Hilliard and Clary Hilliard and more of their columns [here](#).