



9 Helps For The Holidays

1. Focus on weight maintenance, not weight loss.

If you want to lose weight, this is probably not the time to start. Focus on maintaining your present weight. If you resolve to lose 10 pounds over the Thanksgiving to New Year's holidays you might be setting yourself up for failure by setting unrealistic goals for yourself.

2. Don't plan on dieting after the New Year.

When I was fat, I would always tell myself I was going to start my new diet January 2nd. What happened was, the anticipation of food restriction set me up for binge eating during the holiday season. I would tell myself that since I was never going to get good food again, I may as well stock up! Instead just resolve to do the best you can do over the holidays, and continue with a healthy eating plan geared to weight loss after the first of the year.

3. Be physically active

We are so busy with holiday schedules that we allow the business to get in our way of exercising regularly. Remember that physical activity, no matter how small, can help you eat less, burn that extra piece of pie, relieve your stress level and build muscle

4. Eat a snack before going to holiday parties.

Woe to you who arrive at a party hungry. Because you are starving, you will be more likely to overeat, are less likely to resist the temptation of eating those wonderful looking cakes, pies and cookies. Eat a piece of fruit, a small carton of yogurt, or a string cheese before you go.

5. Have a plan.

Know in advance the type of party you will be attending, and what kinds of foods will be available. Decide in advance what foods are worth the extra calories, and which aren't so special. Then be prepared to follow through!

6. Avoid recreational eating.

While some foods are more calorie-dense than others, no food alone will make you gain weight unless you eat too much of it. At social events we tend to keep eating because the food is available and all our friends are eating too. Before you go, decide to get one plate of things you must sample and then exchange your plate for a drink of water or diet soda. Gum may help too!

7. Reduce the fat in holiday recipes.

This is pretty easy these days with the abundance of recipe sites. Try using some simple substitutions and you will be surprised that there is very little difference in the taste of your favorite dishes.

8. Don't drink your calories.

Watch out for calories in soda, fruit punch, and eggnog as well as alcohol.

9. Enjoy the time with your friends and family.

Food doesn't have to be the focus of the holiday. Focus instead on the relationships you have with your friends and family. Sit back and think about how blessed you are. Remember it's all about choices and balance. 10.
Maintain perspective: Overeating one day won't make or break your eating plan. And it certainly won't make you