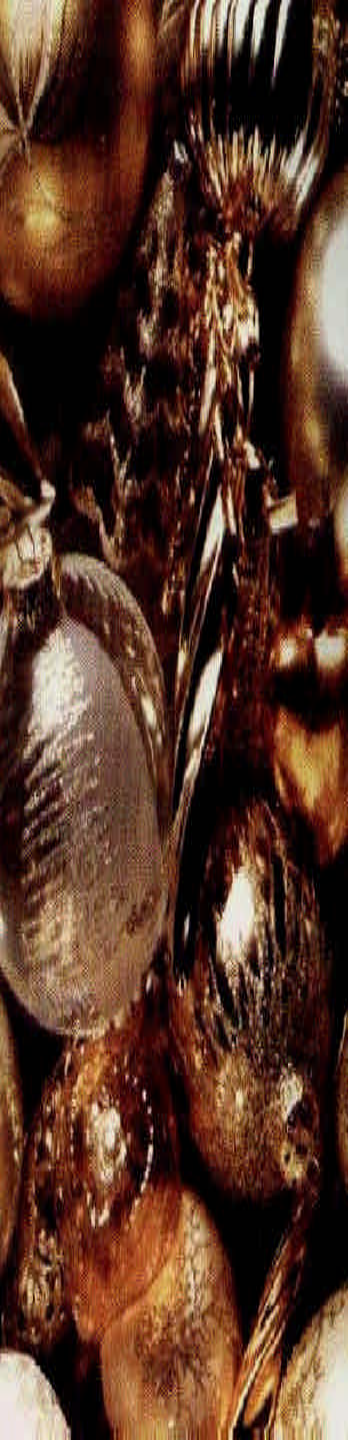
BEAT THE HOLIDAY BULGE



IT’S THAT TIME OF THE YEAR !!

The holidays are upon us, along with all the delectable foods that come our way.

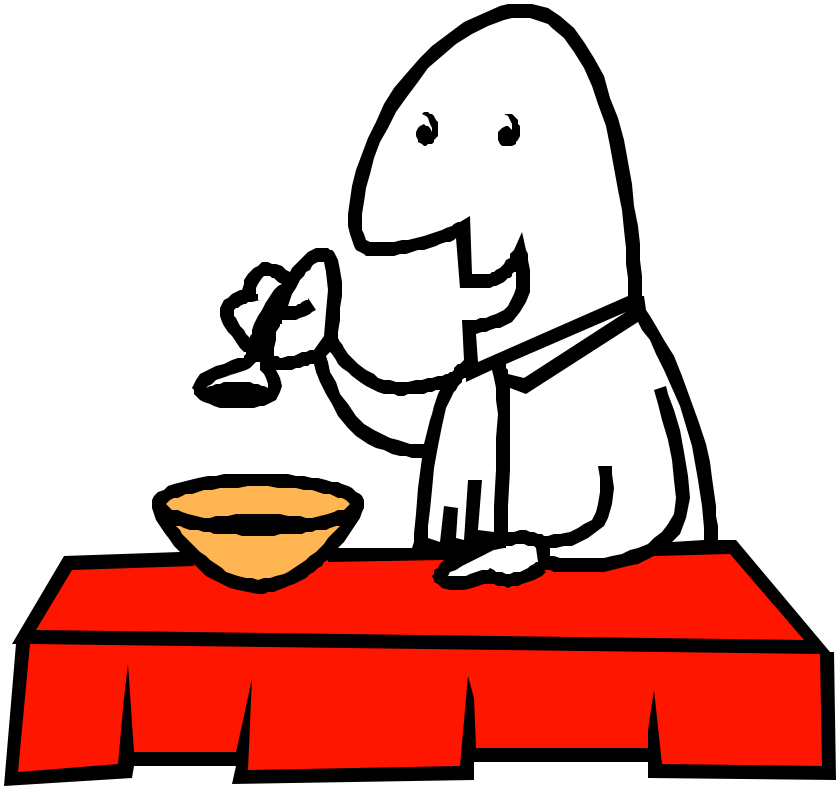
Treat after treat after treat……meal after meal…..

Before we know it, we find ourselves at the beginning of the new year a few pounds heavier than the last year with the resolution to drop those extra pounds (and then some).

How can we beat this vicious cycle year after year?

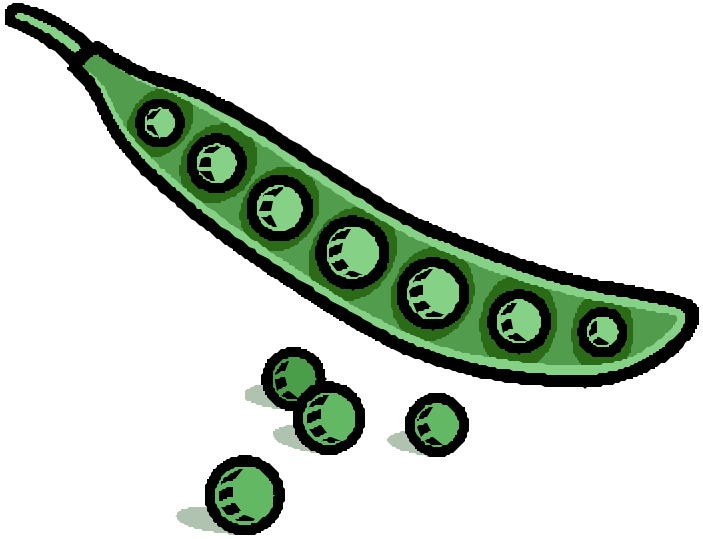
A FEW TIPS:

- Do NOT skip meals with the anticipation of a bigger meal later in the day
- Any time you skip a meal, you slow down your metabolism.
- This causes your body to go into “starvation mode”.
- While in “starvation mode”, your body holds onto and stores as many as reserves as possible…usually as fat stores.



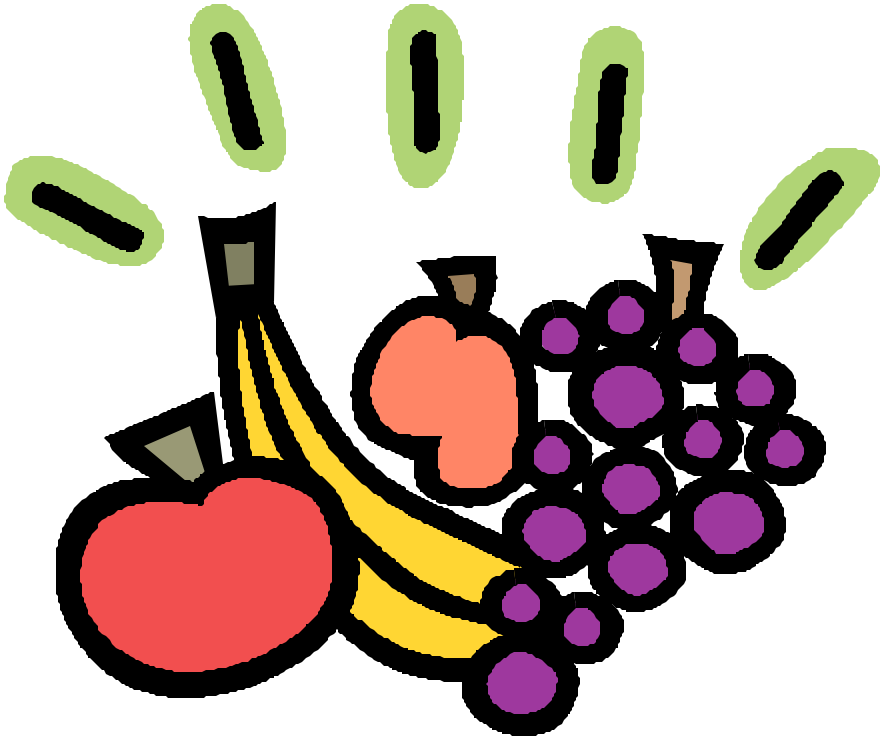
- Small meals throughout the day is the way to go!

- Eat a well-balanced breakfast and lunch.
- This will help your metabolism be in full swing
- Can help your body stay in a high energy mode instead of storing fat
- Secondly, well-balanced meals will most likely help to keep you from overeating later in the day.
- You don’t have to skip desert!
- Just remember: Everything in moderation!



- Eat more from the fruit and vegetable selections
- This may help keep you from eating too many of the foods higher in calories
- Drink something warm; this can help take away those cravings.

- Place or ask for small amounts of dressings, dips, and sauces on the sides of your food instead of pouring them on top.
- Helps you be in control of your calorie intake

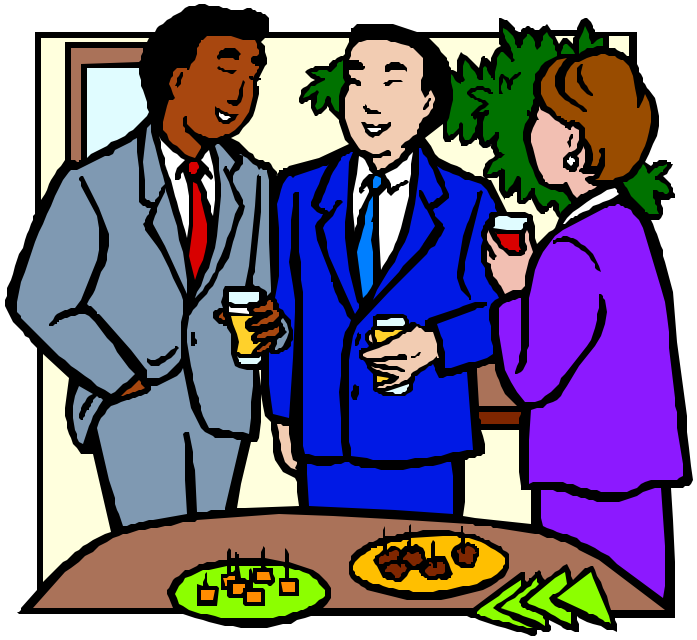


- Drink the majority of your daily water requirement before attending holiday functions.
- You will feel full and not eat as much.
- Plan for eating at your holiday function by eating healthy before and afterwards to allow for any treats you may eat while socializing.

Does Alcohol Make You Gain Weight ?

- **Too much of it…YES!**
- **Try to decrease the number of calories you consume by decreasing your alcohol intake.**
- **Also, this may help you to make smarter food choices by not making ones while carefree and under the influence.**

- Try and socialize away from the food and bar so that it takes more of an effort to obtain the food and beverages.



- Having to make the extra trips may actually deter you from going in the first place.

- It’s not about dieting; it’s about making good choices.
- When it comes down to it, what decisions are you going to make?
- Take your day one decision at a time.
- Allow yourself some room for error.

Exercise !!

- For those of you who are physically active, continue your activities throughout the holidays!
- For those of you who have been putting off physical activity, what better time to start?
- If on vacation, take an early morning walk or bike ride.
- If in a snowy area, go skiing or snow-tubing.
- Snow boarding is another great exercise that burns calories!
- Find a partner who will help keep you motivated. Studies show that two are better than one in keeping one's goals.

- You don’t need to be extremely strict with your diet during the holidays.

- Set realistic goals!

- If your goals are unrealistic, you will most likely give up and give in.

- Remember, it’s not about what you can and cannot do, but rather about making GOOD CHOICES!