



PREVENTING HOLIDAY WEIGHT GAIN

Don't let holiday goodies go to your waist!! Follow these tips to avoid gaining those extra pounds:

1. **KEEP MOVING.** Resolve NOT to miss your daily exercise and/or take an extra turn around the shops at the mall!
2. **SHARE** that box of chocolates or food item gift with friends or bring them to another party as a dish. This way you don't eat it all by yourself and you don't have to spend time in the kitchen either!
3. **DISPLAY** a holiday fruit basket instead of cookies. Fill a basket with seasonal fruits: apples, oranges, pomegranates and cranberries.
4. **PLAN** events around activities instead of food. Have a skating party; host a decorating/gift wrapping party; drive to see all the special holiday lights in the neighborhoods, etc.
5. **EAT** light before that party and keep those spirits at a minimum. This way you will not be famished when you get there and be tempted to indulge in everything.
6. **STUDY** your choices at a party and decide which dishes look most appetizing and eat just small samples.
7. **BE REALISTIC** about your goals. Instead of eliminating treats, try limiting desserts to one or two spoonfuls and drink spiced cider instead of eggnog.
8. **THE KEY IS TO STAY ACTIVE AND HAVE A HEALTHY, WELL-BALANCED FOOD PLAN.**



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