

Living Well *Tip of the Week*

## Maintain, No Gain



The holiday season brings cold weather, more food, and extra stress – a combination often leading to unhealthy choices and weight gain. Follow these tips to maintain your weight through the season:

**GET MOVING** | Every little bit helps.

**GO OUT** | Coordinate an outdoor family activity.

**SOCIALIZE** | Shift focus to conversation instead of food.

**STAY HYDRATED** | Limit alcohol and drink plenty of water.

**PLAN AHEAD** | Never go to a party hungry. Serve or bring a few healthy alternatives.

For nutrition tools and weight management programs for you and your dependents, visit [www.livingwell.utsystem.edu](http://www.livingwell.utsystem.edu).

*THESE BENEFITS ARE AVAILABLE TO ALL UT SELECT MEDICAL PLAN MEMBERS:  
EMPLOYEES, DEPENDENTS, RETIREES, SURVIVING SPOUSES, AND COBRA PARTICIPANTS.*